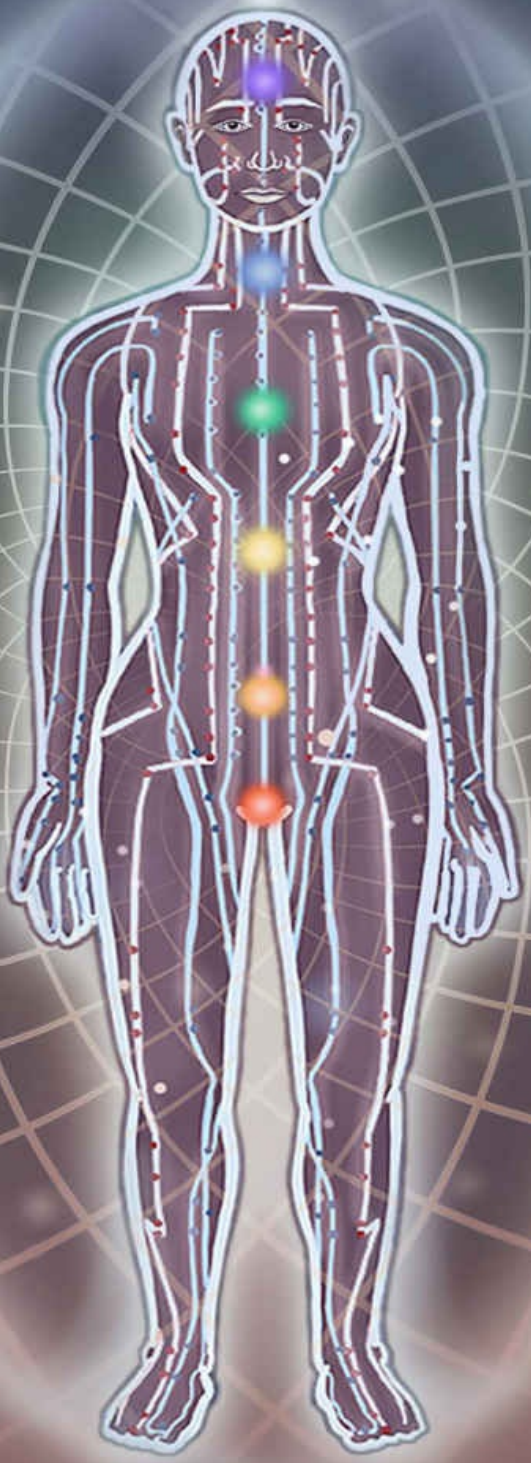
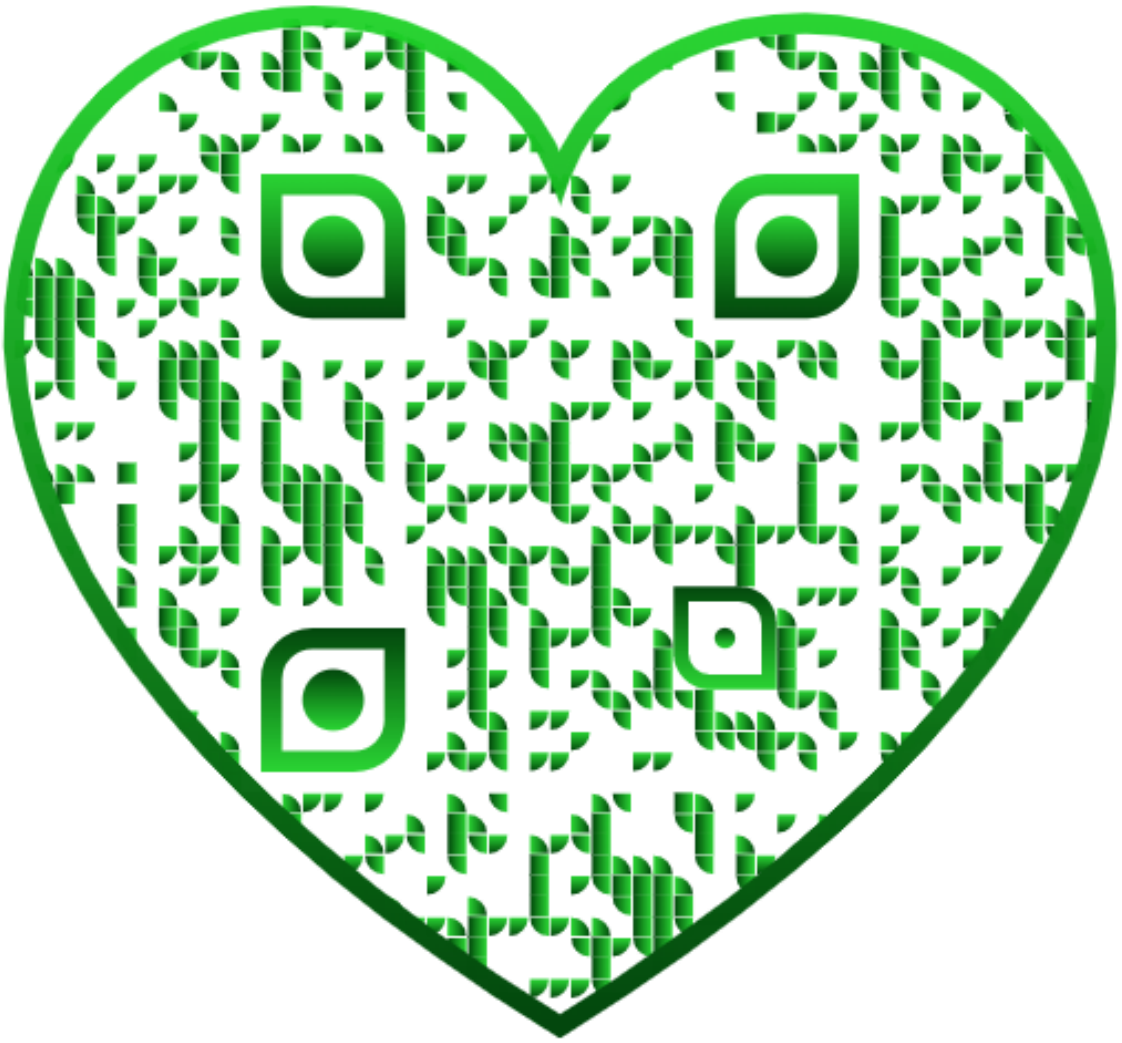
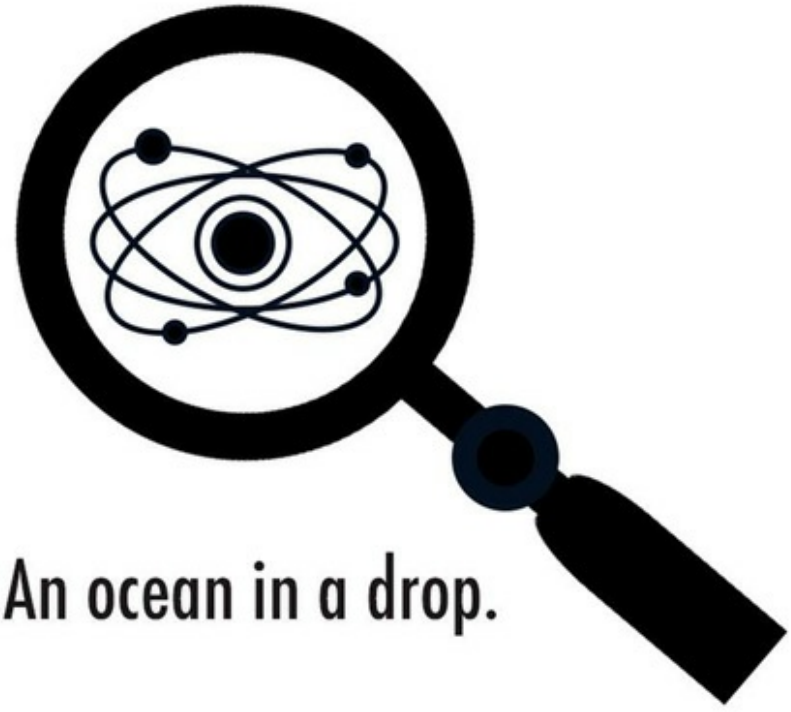
A SUBTLE ENERGY FIELD GUIDE



JONESS JONES FEATURING ERIC W. THOMPSON



A SUBTLE ENERGY FIELD GUIDE



An ocean in a drop.

Joness Jones featuring Eric W. Thompson
jonessjones.com www.subtle.energy

Copyright © 2022 Joness Jones Studio.
All rights reserved.

TABLE OF CONTENTS

PART 1 - WHAT IS SUBTLE ENERGY?

Introduction
Frequency & Vibration
Ancient Origins
What is Subtle Energy?
Energy Sensitivity

PART 2- THE HUMAN ENERGY SYSTEM

Qi / Yin - Yang
The Three Treasures
Qigong
Acupuncture
The Chakras
Layers of the Aura
Links with DNA & Light
Does Belief Matter?
Epigentics

PART 3 - SUBTLE ENERGY IN THE WEST

Biofields
Crystals
Plant Consciousness
Psychic Pets
Restructuring Water
Power in Polarity
Geological Energy

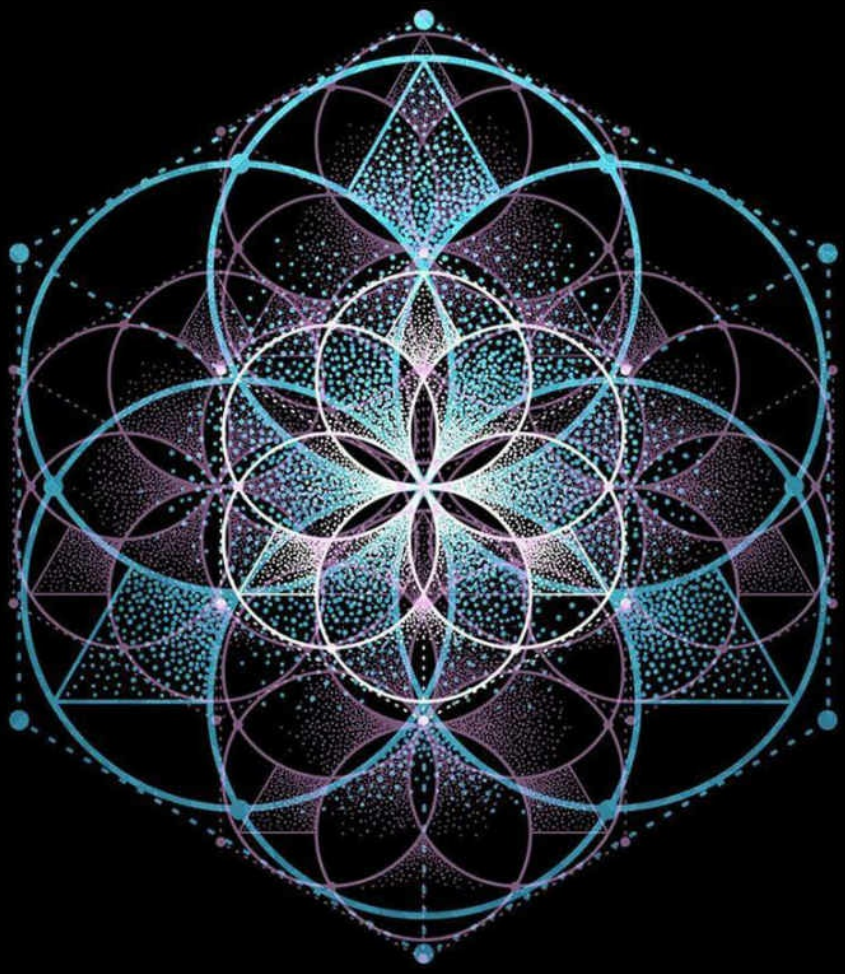
PART 4 - SUBTLE ENERGY IN THE WEST

Isaac Newton
Nikola Tesla
Rudolf Steiner
Lili Kolisko
Wilhelm Reich
Nikolai A. Kozyrev
The Taboo
Contemporary Science
Claude Swanson's Synchronized Universe
Rupert Sheldrake's Morphic Resonance
Dan Davidson's Shape Power
William A. Tiller's Psychoenergetics
Eric W. Thompson's Subtle Energy Technology

PART 5 - APPLYING SUBTLE ENERGY

Psychic Phenomena
The Pineal Gland
The Linger Effect
Clairvoyance
Remote Viewing
Remote Healing
Expectations VS. Reality

PART 1



WHAT IS SUBTLE ENERGY?

INTRODUCTION

“The phrase “everything is energy” is something that people think comes from new-age sources. However, it also comes from an interpretation of Einstein’s equation E=MC^2 (where E is energy, M is mass, and C^2 is the speed of light, squared.) Essentially, this says that energy can convert into mass, and mass can convert into energy - they are equivalent.

What is missing from this equation is an informational component. We could illustrate this by taking all of the mass and matter in the universe and converting it into pure energy. Now that all matter is a pure formless sea of energy - what happens if we reverse that process?

What if we want to transform that energy into water, a hydrogen molecule, or an oxygen molecule? What informs raw energy to become a tree, a complex mammal life-form, or a single-celled life-form? In other words, there is an informational component instructing some of that energy to become a particular life-form while continuing to inform its entire evolution throughout its existence.”

- Eric W. Thompson, founder of Subtle Energy Sciences

Invisible forces allow our visible world to take form and function. The four primary forces of the Standard Model of Physics describe how atomic and subatomic levels of matter bind together to create reality. However, these forces cannot describe how particles come together to create the variety of the natural world.

Where is the blueprint? What enforces the laws of the universe? Although science has achieved great insight into the quantum realm, there is still much more to discover. Missing pieces likely reside within the study of subtle energy.

This field of research is not new. In fact, despite being thousands of

years in the making, the topic has recently been pushed into the scientific underground. In an age of materialism, subtle energy's spiritual roots and implications have created an unnecessary taboo for researchers.

A growing body of evidence from qualified scientists supports claims that mystics have made for millennia. This research suggests subtle energy offers unexplored possibilities for human health, "supernatural" abilities, and our collective evolution.

FREQUENCY & VIBRATION

The quote "If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration" is popularly attributed to Nikola Tesla, but its source is unclear. Whoever said it was on to something. Awareness must shift from the material realm to the vibrations underlying everything to understand subtle energy.

Consider how common invisible forces influence our reality. Knowledge of microscopic organisms, cells, atoms, particles, microwaves, radio waves, x-rays, and sound inspires technologies that benefit us.

Today, people attend sound healing sessions with crystal bowls and gongs. Sound healing practitioners claim that sound can heal, and some laboratory results now agree. Although sound is not subtle enough to be considered "subtle energy," it is one example of an invisible force that significantly impacts our lives.

52Hz (Note G#)

24 Hz

24.5 Hz (Note G)

29Hz (Note A#)

CYMATICS IN WATER WITH LASER LIGHT
BY JOURNEY OF CURIOSITY

Cymatics

Ernst Chladni, a German physicist and musician (1756 -1827), was curious about how the vibration of sound impacted physical substances. Expanding on the work of Robert Hooke, Chladni spread sand across plates of copper. Running a violin bow across the edge of the plate resulted in the sand moving into stunning symmetrical geometries. This kind of experiment is now known as cymatics.

Some results match different patterns in nature. One frequency produces proportions found in a tortoiseshell, and another looks identical to leopard spots. Researchers achieve 3-D results by vibrating water illuminated by laser light (instead of sand on a plate). Higher vibrations produce increasingly complex geometry.

Cymatics are one of the most direct ways to see how matter responds to invisible vibration; while indicating the role frequencies can play in telling raw matter which shape to take.

The Architecture of Sound

Even non-religious people feel a sense of wonder when walking through a temple, grand cathedral, or other sacred space. While the grandeur of these places may be the apparent reason for feelings of awe, one researcher recently discovered another possible cause for the peaceful atmosphere of sacred sites.

Cymatics reveals subtle forces within the classic cathedrals. Tanya Harris reports that she visited churches around Europe and recorded the silence of the space for about seven minutes. She then played the recordings back while re-recording the sound to produce an amplified recording.

Once she attained an audible sample, she played the sound through a cymatic device of light and water to observe the patterns created by

the frequency of each church. The designs produced resembled the classic stained-glass rose windows found in cathedrals. The resonant frequency of one church even made a five-pointed star in proportion to the golden ratio.

If sound can put matter into levels of visible harmony, could it be doing the same within our bodies? It is possible that cathedral architects knew the healing power of frequency and sound long before modern science did. For centuries, choirs, pipe organs, and architecture may have contributed to healing church attendees.

One example is the mysterious Rosslyn Chapel, a 15th Century cathedral featured in Dan Brown's novel, *The Da Vinci Code*. After hundreds of years, secrets within the architecture revealed themselves to Stuart Mitchells and his father – a process that took them 27 years.

The Mitchells found interest in patterns engraved in strange cubed features protruding from the cathedral's walls.

Carvings of angels playing music frame the mysterious cubes, hinting at the hidden meaning of the markings. By matching these patterns with those created by cymatics, the Mitchells decoded a medieval-sounding piece of music, now known as the Rosslyn Motet.

The power of sonic frequencies within churches is not limited to the resonance created by the architecture. A recent art installation shows how choirs contribute high vibrations to the traditional religious experience. Inspired by the Trinity Episcopal Cathedral in Portland, Oregon, artists Shelly Socolofsky, and collaborating cymatic expert John Stuart Reid, designed a video projection experience.

Using a pool of water measuring 6 feet in diameter as their cymatic device, they made the Pilgrim's Hymn visible as the church's choir sang. The visuals are reminiscent of the mandalas found in Eastern

mystic traditions, which often use sound through chanting mantras while creating this other form of sacred art.

Music Can Heal Us

Opera houses, stadiums, and open fields find commonality when people gather by the thousands to experience music. Inspiring culture, community, and the best life experiences for many, the power of music is undeniable. Good music even moves some to tears. The Greek philosopher Pythagoras is credited with inventing music as we know it 2,500 years ago. His life and theories are subject to ambiguity. Among the lore is the story that Pythagoras believed that music could heal.

Research is verifying the healing power of sound frequencies. In 2018, John Stuart Reid and Professor Sungchil Ji of Rutgers University experimented with red blood cells. They isolated a control group of cells in a faraday cage. The experimental vials of cells spent 20 minutes exposed to various music types (including classical, rap, techno, pop, spiritual chants, white noise, tones, and others).

All red blood cell samples exposed to music showed a significant increase of viable cells compared to those sitting in silence. Overtly destructive results happened in the vial exposed to 105 dBA white noise, which appeared to kill most of the cells in the sample. The most successful results came from vials exposed to music with an extended drone of a lower-frequency bass note in the background. This same kind of music plays in traditional church services with pipe organs and the harmoniums of classical Indian music.

Nature’s Sound Healer

Dr. Clinton Rubin’s research proved that sound frequencies between 20 and 50 Hz can help heal bones. As nature would have it, a cat’s purr happens to be between 25 Hz and 50 Hz. Purring can also

decrease the symptoms of dyspnea (difficulty breathing) and other ailments.

According to researcher Elizabeth von Muggenthaler, a cat's purrs can even help heal muscles, ligaments, tendons and reduce inflammation. They can speed up wound healing and provide pain relief. She points out that cats are statistically less likely to have bone or muscle injuries than dogs. Whether or not this is a direct result of the power of the purr is unclear.

Intuitively, we may feel better after listening to music or cuddling with a purring cat. Sonic vibration can provide conditions for healing to occur within us. Tanya Harris' experiments show that perhaps not all sounds need to be audible. Simply being near spaces or objects of noble resonance may be enough to receive subtle waves that contribute to the body's well-being.

For better or worse, the subtle energy of spaces is not limited to churches. Every natural and manufactured structure has a subtle energetic atmosphere that influences us. Everyone and everything is sitting within a field of mutual resonance right now. Imagine - a vibration more subtle than music, more fine than electricity. It flows through all things, connecting everything at all times, faster than the speed of light.

ANCIENT ORIGINS

Before science, nearly all phenomena were considered spiritual. The universal, subtle-energetic life force is no exception. Virtually all ancient cultures recognize its importance. Some still do.

Despite ancient cultures' separation by continents and oceans, spiritual traditions speak of a similar creative force that exists beyond all things while at the same time creating, sustaining, accumulating, and residing within them.

For example:

Prana (India)

Prana translates to breath in the Yogic & Ayurvedic traditions, synonymous with “life force” or “vital principle.” It permeates reality on all levels, including inanimate objects. Breathing circulates this force, but it is different than air itself.

The Tao (China)

Verse 1
The tao that can be told is not the eternal Tao.
The name that can be named is not the eternal Name.
The unnamable is the eternally real.
Naming is the origin of all things.
Free from desire, you can see the hidden mystery.
Desiring, you see only what is visibly real.
Yet mystery and visible reality arise from the same source.
And the mystery itself is the gateway to all understanding.

According to the opening chapter of Lao Tzu’s Tao Te Ching, The Book of the Way & Virtue (600 BCE), a mysterious, eternal creative force exists beyond and within all things. It is a field that eludes comprehension if one is too focused on the material world.

All things arise from and return to it. It has similarities with qi yet is distinguished from it.

The Word (Europe)

The First Book of John
In the beginning, was the Word, and the Word was with God, and the Word was God.[…] Through him, all things were made; without him, nothing was made that has been made. In him was life, and; the life was the light of men. And the light shineth in darkness; and the

darkness comprehended it not.”

“The Word” could be interpreted as an instructive vibration that creates and sustains life - while providing the light of consciousness and the capacity to understand. As humans, we have the instructional power of speech to make our worlds, similar to God’s creation method in the Bible.

Words are codes to help us get and create what we want. According to the Bible, a spark of the Creator’s light exists within all of us. The Word also compares with the primordial sound “Om” of the Hindu tradition - the original vibration which created the universe.

Asé (Yoruba Tribe, West Africa)

Pronounced “ah-shay,”: a supreme Divine Being generates Asé, the dynamic life force. It animates one’s being and causes all natural things, including creation itself. This vital force connects the seen and unseen realms.

It is also a term of affirmation, similarly to “amen” after a prayer.

Wakan Tanka (Lakota, North America)

Translates to “Great Spirit” or “Great Mystery,” which exists outside the material realm yet also exists within all things, imbuing them with sacredness and power.

This intelligence extends itself through people, animals, trees, water, rocks, and all of the natural world.

Mana (Hawaii)

This term represents spiritual energy that imparts power and strength. It flows through & concentrates within people, places, and things.

According to tradition, people can gain or lose Mana through their actions. Living through Pono - meaningful work, good relationships, and service to the community increases Mana.

Even if the body ages, one's inner power can still grow through the accumulation of Mana.

Aether (Greek / Roman)

Emperor Marcus Aurelius, "father of Stoicism," writes, "Stoics held that material objects alone existed, but immanent in the material universe was a spiritual force which acted through them. Manifesting itself under many forms, as fire, aether, spirit, soul, reason, the ruling principle."

In addition to an unlimited universal energy field, ancient texts also describe different kinds of subtle energy. As researchers discover, rediscover, and re-name this force independently, the topic remains challenging to understand fully. Gathering interpretations and being open to their differences can help create a more holistic understanding of this invisible force.

WHAT IS SUBTLE ENERGY?

If isolated ancient cultures recognize the same force, this indicates global, if not a universal, principle is at play. As we understand more about the scientific basis of nature's miracles, a de-mystified version of subtle energy is emerging. Researcher and technology developer, Eric W. Thompson, relates subtle energy to contemporary science in this way:

Science tells us that we live in a virtual sea of invisible fields of influence. These forces impact our daily lives profoundly, yet we have little or no conscious awareness of them. Although hidden, they are not strictly subtle since the four known forces of physics can account

for them. These invisible influences include:

Earth's Geomagnetic Field
The activity of the Earth's geomagnetic field may correlate with various emotional and psychological states in human beings.

Electromagnetism
Electromagnetism initiates the attraction of positively charged protons to negatively charged electrons in human cells.

Nuclear Force
The strong nuclear force is more powerful than electromagnetism and holds positively charged protons together within the atomic nucleus.

Biophoton Field
The biophoton field in plants and animals is possibly the chief means of communication between DNA molecules across the entire body of a plant, animal, or human.

These and other invisible physical forces play crucial roles in our lives. Yet, if it were not for science informing us of their influence, most of us would remain entirely unaware of their existence. For example, they could not directly detect or measure electromagnetism in the early years of science. Yet, science knew it existed because it could see its effects on other objects.

The same applies to "subtle" energies. While it seems impossible to measure subtle energy using conventional electromagnetic instruments, it is possible to detect and measure its effects on people, animals, water, and even technology.

Many of these subtle energies appear to have healing properties on the mental, physical and emotional levels. Reiki, yoga, acupuncture, Theta Healing, EFT, and Qigong are some energy-based healing modalities. These modalities hold great potential for healing and

therapeutic benefits.

There is evidence that subtle energy is intimately related to consciousness. In fact, in his groundbreaking book Life Force, The Scientific Basis, MIT-trained physicist Dr. Claude Swanson refers to the field of subtle energy research as “the natural bridge between the old physics and the new science of consciousness.”

Subtle energy may also link to understanding psychic phenomena related to consciousness through the power that interpenetrates everything. The emerging science of subtle energy reveals forces working beyond the four known forces of conventional science (the strong nuclear force, weak nuclear force, electromagnetism, and gravity).

Some of these energies are faster than light and cannot be measured using electromagnetic instruments; hence “subtle energy.” Qi, prana and kundalini represent forms of subtle energy that are generally undetectable using conventional electromagnetic tools. Aspects of this energy have a positive/negative polarity. It takes on different shapes and functions within the body, connecting our physiology with the larger field of cosmic intelligence.

ENERGY SENSITIVITY

People who are the most sensitive to subtle energy are society’s psychics, healers, empaths, and intuitives. Some people are born with these abilities, and others have to work at cultivating them. As with any talent, everyone can improve with focus and practice.

Subtle Energy Sensitivity Test

Try this quiz to test for natural energy sensitivity. Count 1 point if you:

__ Remember your dreams
__ Have lucid / meaningful /precognitive dreams

__ Know an energy healing modality / are a healer
__ Can feel the energy of crystals
__ Can sense energy in your chakras
__ Are empathic / compassionate to the feelings of others
__ Are good with animals
__ Feel deeply
__ Are the “wise” friend
__ Need to recharge after social situations
__ Can sense “good vibes” and “bad vibes”
__ Are sensitive to the media you consume
__ Experience psychic events such as clairaudience, clairvoyance, precognition, remote viewing, etc.
__ Notice and appreciate synchronicities
__ Feel impacted by cosmic events (like full moons)
__ Are in touch with your intuition
__ Consider yourself a spiritual person
__ Listen well

SCORES

Add up your points, and check the corresponding score below:

0 - 6: Not very sensitive to subtle energy. Might think people who claim these abilities are strange or delusional. This level of sensitivity often coincides with a lifestyle saturated in TV, junk food, and artificial chemicals.

7 - 12: Moderately sensitive to subtle energy. From here, tune in with your intuition with intention to guide you deeper into expanding psychic gifts. (More tips on this throughout the book)

13 - 18: You’re probably a “sensitive” - a term coined by Baron Karl von Reichenbach to describe people who can feel and possibly even see subtle energy.

ENERGY SENSITIVITY SCALE

A level of intuition exists within everyone. For example, Daryl Bem conducted experiments with more than 1,000 people. In one study, college students guessed which of two curtains had a sexually explicit image behind it. The results were statistically significant (meaning greater than by coincidence or chance alone.) The participants were able to guess with higher-than-average accuracy which image was which.

A paper published in the journal, *Frontiers in Neuroscience* called *Predicting the unpredictable: critical analysis and practical implications of predictive anticipatory activity* by Jessica Utts, Dean Radin, and others shares accounts from seven independent laboratories with surprising implications. They suggest the human body can detect random stimuli 1–10 seconds before it occurs.

Our bodies might be able to distinguish between unpredictable future stimuli, such as emotional vs. neutral images or sound vs. silence. Researchers call this presentiment (feeling the future) or predictive anticipatory activity (PAA). These types of tests provide evidence for what is commonly known as precognition.

“The phenomenon is “predictive” because it can distinguish between upcoming stimuli; it is “anticipatory” because the physiological changes occur before a future event; and it is an “activity” because it involves changes in the cardiopulmonary, skin, and/or nervous systems.

PAA is an unconscious phenomenon that seems to be a time-reversed reflection of the usual physiological response to a stimulus. It appears to resemble precognition (consciously knowing something is going to happen before it does), but PAA specifically refers to unconscious physiological reactions as opposed to conscious premonitions.” - from the Frontiers in Human Neuroscience article,

Predicting the unpredictable: critical analysis and practical implications of predictive anticipatory activity, 2014

How could this be possible? One possibility is that subtle energy is an active field of intelligence serving as a communication interface between human consciousness and the environment. However, there is a difference between being aware of this ability, having this ability, and deciding to hone this ability consciously. There is a depth of intensity to which these events can be experienced when people decide to cultivate heightened energy sensitivity consciously.

A General Scale of Energy Sensitivity

On the basic level, being able to intuitively sense,
- Danger
- Sadness
- If the “vibes” of a person or party are “ on / off “
- Synchronicity
- Creative Inspiration

Next, this sensitivity expands into sensing the energy flow within,
- Your body
- The body of others’
- Places & objects

Higher levels produce increased occurrences of,
- Clairvoyance, clairaudience or clairsentience
- Precognition
- Ability to energetically heal self & others

Awakening Higher Senses & Becoming Energy Sensitive

The easiest ways to begin to increase energy sensitivity are to;

1. Start a meditation practice that includes energy visualization

2. Decalcify your 3rd eye (See tips in Section 5)

3. Keep qigong, yoga, or martial arts practice

4. Get regular sessions with a trusted energy healer (reiki, acupuncture, etc.)

5. Work with subtle energy technology.

Be consistent, and intentional; results come from repetition.

Balancing Energy Overwhelm

Being too sensitive to energy can be very uncomfortable. If you're feeling too much, here are some ways to balance sensitivity:

1. Stand barefoot on the earth in the sunlight to ground and cleanse your energy

2. Avoid mind-altering substances

3. Get protective stones and wear or carry them; (black tourmaline, obsidian, shungite)

4. Visualize a shield of white light surrounding you

5. Get regular sessions with a trusted energy healer or use Subtle Energy technology

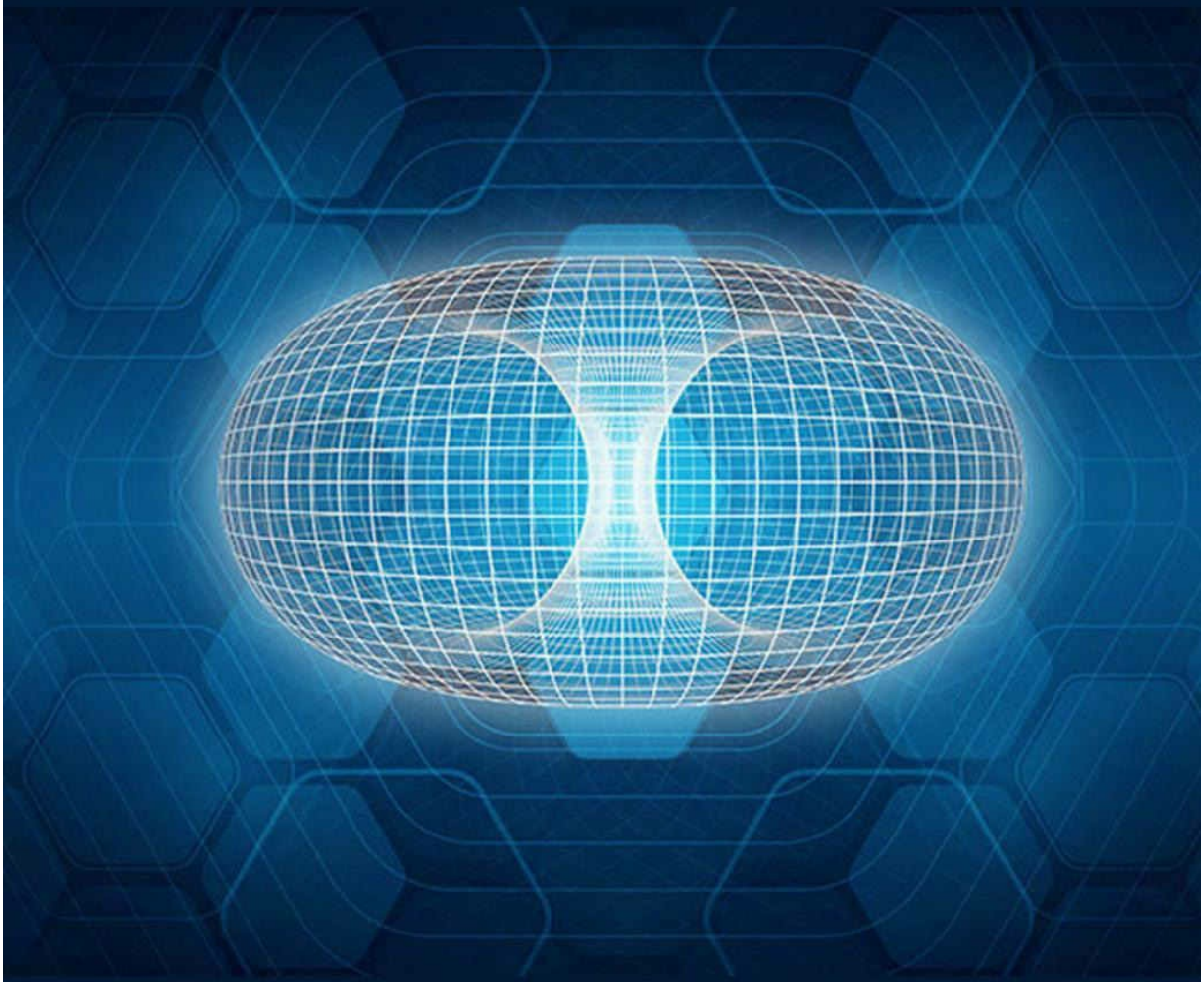
6. Focus on improving your life in the physical world - clean your house, call a friend, work in your garden, or exercise.

7. Take a break from EMF exposure, get off the phone or computer, and find a place in nature away from powerlines to reset.

Becoming conscious of the human energy systems - the meridians, chakras, or auric fields is perhaps the most effective way to achieve

the best results.

PART 2



THE HUMAN ENERGY SYSTEM

PART 2 THE HUMAN ENERGY SYSTEM

Subtle energy-based wellness practices, developed over thousands of years, are still in use today. Anecdotal evidence for the healing power of these methods is proving to be factual. These alternative (original) medicine systems are gaining popularity for their ability to add to a long, healthy life.

The most ancient energy modalities include qigong, acupuncture, and yoga. The auric layers are a more recent interpretation of the energy body that emphasizes the emanation and interaction of energy surrounding the body as it extends into the environment. Each has a subtle energy system associated with the body and energetic self-care practices.

QI, YIN, & YANG

Life-force energy, or qi (pronounced “chi”), is foundational to Traditional Chinese Medicine (TCM). Qigong is a practice that allows the practitioner to work directly with this energy. It stems into two primary branches; one is meditation-focused, using intention to circulate universal life force energy for personal wellness. The other is martial arts, designed to improve self-defense.

Qi has a polar charge. Ancient Chinese philosophers noticed these opposing forces and created the iconic yin-yang symbol to visualize their interdependence. Yin-yang translates to “dark-bright.” Yin and yang’s interaction is the cause of all changes. Yang represents heaven, and yin relates to the earth.

This teaching emphasizes life’s dynamic interchange of opposites – two energies coming together to form the whole range of existence. Light and dark, night and day, up and down, define each other by the

other's absence and blend to create an endless gradient of combinations in-between.

In TCM, these energies are not mere philosophy – they are literal energies that govern health and balance in our lives. The earliest reference to yin & yang dates back to 700 B.C. in one of the most iconic works of Chinese literature, the *I Ching* or *Book of Changes*.

Yin-yang balance can tip towards either side daily, depending on our lifestyle choices. The foods we eat and the activities we choose contribute to which energy will accumulate most. Over time, our decisions lead either to more excellent health or harmful imbalances.

Yang energy is the active, masculine side of this polarity. It is associated with; the light, the sun, air, fire, activity, and expansion. In the body, it feels hot and tingly. Signs of excess yang include; dry skin, accelerated pulse, irritability, and restlessness. Yang energy accumulates through eating chicken, beef, lamb, onions, garlic, ginger, onions, peppers, pumpkin, and cherries.

Yin energy is the receptive, feminine pole of the energy. It connects to dark, cool things. Think of the moon, earth, water, matter, and contraction. When yin is excessive, low energy, a lack of desire to drink, shallow pulse, and water retention may occur. Nourish yin by incorporating dark leafy greens, cucumbers, watermelons, radishes, seaweeds, and green and herbal teas like chamomile and mint.

Including both yin and yang foods are best for keeping an energetic balance. Balance of yin and yang qi can also come through activities.

Here are some recommendations to help balance energy:

Increase Yin

– Take a nap, and go to sleep early

– Enjoy a relaxing bath or shower

– Go to the spa to get a massage or facial

– Meditate

Increase Yang

– Exercise

– Work with a life or business coach

– Create something physical

– Participate in a group activity

Yin Yang Research

Dr. Norm Shealy developed a research clinic at Holos University in Springfield, Missouri, to study these energies. Following a recommendation from the reputable healer, Jim Carter, Dr. Shealy created beds out of materials Jim claimed would boost yin or yang energy as needed. A special kind of naturally occurring mica stimulates yang energy, while contact with the ore of gold iodide (a by-product of gold smelting) brings one in touch with yin energy.

According to a direct account from Claude Swanson, Ph.D., who experienced these beds first-hand:

The mica bed "*…is loaded with yang energy. When I lay on it for the first time, I began sweating, and my heart raced faster, almost too fast. My skin felt prickly, and I grew quite uncomfortable. If a person already has too much yang, he does not need to lie on the mica bed.*"

He said his experience with the gold iode bed "*… felt wonderful. It was so soothing, so peaceful. As I lay on it I felt quiet. I could feel the heat*

draining from my body. My heart calmed down, and I felt refreshed and healed after a half hour or so lying on it."

Proper qi flow is a primary element for ultimate health and longevity. Other ways to balance yin and yang include stimulation of the correct acupoints through acupuncture, massage, or laser stimulation. Energy healing has also proven to be highly effective in correcting this type of energetic imbalance.

THE THREE TREASURES

Not all treasure exists on the physical plane, as is evident in one who has attained mastery of body, mind, and soul. The Three Treasures, an ancient energy-based practice of Taoists and TCM doctors, is a treasure map that leads to the greatest wealth – vitality, tranquility, and wisdom.

Also known as the 3 Jewels, they are Jing, Qi, and Shen. The cultivation and protection of these treasures determine the health of the body and our mental/emotional state. By balancing these aspects of self, we attain peace of mind, the ability to adapt, increased immunity, and access to higher levels of energy and personal power.

Jing

Jing is our essence, what we inherit from our parents, and how we develop over our lifetime, from childhood to adulthood. It also relates to our reproductive health and what we pass on to our children. Healthy jing is foundational for building the other two treasures, qi, and shen.

This “emergency energy storage” gets tapped into when qi depletes. This energy correlates to the adrenal glands and may be burned up by taking stimulants or battling acute or long-term illnesses. Jing is nearly impossible to replace once it is lost.

As we lose jing, we begin to show signs of aging, including wrinkles, gray hair, loss of bone density, eyesight, and hearing. Seeing these signs, feelings of exhaustion, or lack of energy all indicate that jing needs to be restored and protected.

Jing strengthens through proper diet and herbal supplements. Avoid extremes; stay moderate with sex and stress, get enough sleep, and maintain a meditative lifestyle.

Qi

Qi separates living things from inanimate objects. The breath regulates our daily energy flow. Every inhale and exhale circulates life force. It regulates our metabolism and immune system. When the energy flows correctly, the body expresses in its proper structure.

Good qi gathers from breathing exercises, especially when performed in the fresh air. Eating a high-quality, healthy diet will also help cultivate good qi. Signs of healthy qi include having plenty of energy and a robust immune system. One feels relaxed, happy, and “in the flow.”

Qi relates to the yin substances, including bodily fluids like blood, sweat, lymph fluid, and tears. Just as blood nourishes the body, qi nourishes our sense of well-being. Like liquid, qi can become blocked or stagnant. Blockages can cause chronic disease or pains to develop. Mood swings or feeling “blocked” by life can also manifest.

Exercise regularly to ensure a healthy flow of qi. The traditional practice of Qigong or martial arts such as Kung Fu is favored. Acupuncture treatments and applying Feng Shui to the home can also help regulate this energy.

Shen

Shen is our soul-power. It connects our heart and mind with the

Divine. This treasure relates to our state of conscious awareness, granting the ability to form healthy thoughts and emotional responses. Because of this treasure, Chinese medicine has long understood the importance of the mind-body connection and the importance of mental/emotional health relating to the physical body's health.

Strong shen shows through a peaceful, calm, and wise disposition. Depleted shen can manifest as symptoms of anxiety, depression, and other mental/emotional issues. Restore depleted shen by cultivating through meditating, doing breathwork, or creative activities such as painting, dancing, or playing music.

QIGONG

Like all things ancient, Qigong's true roots are a mystery. However, clues exist which show how this system came to be. The earliest evidence comes from art found in the Ma Huang Tui Tombs, which reveal dance postures linking breathing and movement.

Researchers from the Shanghai Qigong Research Institute theorize that the Wu Shaman were the first to become aware of and channel subtle energy through ceremonial dance. The practice began by emulating animals' posture and wearing masks to heighten the energy. Qi energy was first synonymous with the breath - a vital substance circulating through all of nature.

Group shamanic rituals eventually evolved into a personal practice through the guidance outlined by the School of Natural Law, developed by the Confucian School of Philosophy. Initially, this art form was known as Tao-Yin, or "leading the guiding energy."

The first known published mention is in the *I-ching* (Book of Changes). The book outlines the concept of the three natural energies; Tian (Heaven), Di (Earth), and Ren (Man). Over 1,500 different exercise styles now exist to channel the interrelating natural energies to

cultivate one’s energies.

Conscious meditation was integrated into the practice between 502-557 A.D. when Da Mo, the first Buddhist Patriarch Bodhidharma, brought Buddhism from India to China during the Liang dynasty. The power of the mind’s intention for channeling and regulating energy is a critical part of Qigong today.

Traditional Qigong invites the practitioner into a “right relationship” with cosmic forces. It integrates the mind, body, and spirit through different philosophical ideas and physical movements. Qigong’s research reveals surprising potential for humans to heal themselves and others; reportedly offering pain relief and, in some cases, healing from extreme chronic conditions. In addition to physical movements, qigong doubles as a method for energy healing.

5 Types of Qigong

Confucian: Focuses on developing high moral character and intelligence.

Martial Arts: Trains the body for protection from injury while also delivering more powerful attacks enhanced with qi.

Taoist: Preserves the body while cultivating high virtue. Taoist qigong masters are known to enjoy long lives.

Buddhist: Liberates the mind, cultivates virtue towards enlightenment.

Medical: Emphasizes the flow & balance of qi to prevent or heal disease.

Qigong Mastery

Dr. Yan Xin of Sichuan, China, a modern qigong master, demonstrates how human health benefits from qi’s proper cultivation.

He began practicing traditional Qigong with local teachers early in life. Growing up to become a Western medical doctor, he integrated his life-long pursuit into his medical practice; with results that led him to receive international attention.

His ability to command life-force energy helped patients heal from severe health conditions. Through his method, known as Yan Xin Life Science Technology, Dr. Xin's patients experienced relief from pain - without the need for pain relief medication. They healed from their conditions more quickly than those not receiving energetically enhanced treatment.

Even patients who are not seriously ill show improvements in overall health after engaging in Dr. Xin's recommended qigong practices. Every physical system benefits, including the bones, muscles, circulatory, respiratory, immune, and digestion. Dr. Xin's techniques reportedly improved, even cured, life-threatening conditions such as cancer, AIDS, cardiovascular disease, and neurological disorders.

One case even shows the potential for qi to work remotely. Dr. Xin aided one of China's prominent nuclear scientists, Deng Jiaxian, who was suffering from the final stages of terminal cancer. As Dr. Xin was on his way to begin working with him, he began to intentionally, remotely project qi energy towards him with the intent to heal. By the time Xin arrived at the hospital, Deng Jiaxian was sitting up in bed without the need for anesthetics and was practically back to normal functioning.

Although the patient did not survive cancer, he lived out his final month pain-free, thanks to the regular treatment of qi. His reputation as a "miracle healer" led him to travel throughout China and the world to meet international leaders. He demonstrates the role that subtle energy can play in healing the body, including relieving the suffering caused by the most extreme illnesses.

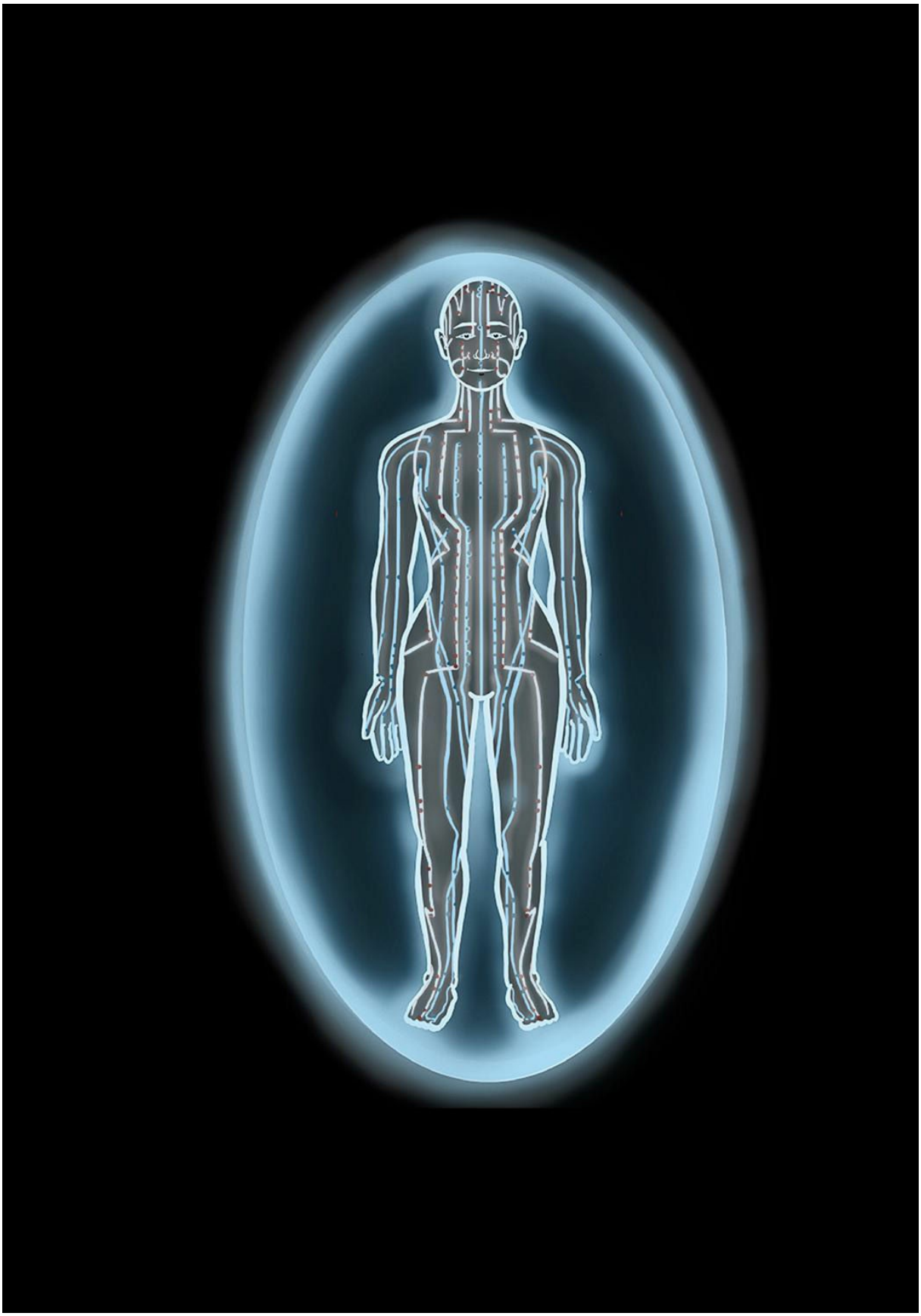
"*A body of substantial experimental results on YXLST effects has accumulated (Lu, 1997), including effects at a nuclear level such as altering the half-life of radioactive americium 241. These studies provide intriguing scientific corroboration that the qi of Dr. Yan can be projected out of the body & affect physical substances and objects at various levels from cellular, molecular, to the nuclear level.*"

- from External Qi of Yan Xin Life Science Technology Can Revive or Suppress Enzyme Activity of Phosphatidylinositol 3-Kinase, Bulletin of Science, Technology & Society Vol. 22

How can "miracles" like this be possible? Observing the effects of qigong through lab equipment makes some exciting things evident. For example, the Raman device allows us to monitor changes in the bonds of water molecules. Dr. Xin's effect on water through the application of qi shows a significant increase in structuring water's molecular bonds compared to water left untreated by this energy.

The effects of qi on the water peaked within the first half-hour and returned to normal within two hours. Maybe this provides a clue as to what happens in the body when qi heals people. Because human bodies are mostly water, it is possible that the restructuring of liquid (or other chemical bonds) is enough to release pain from the body.

Through Dr. Xin's work, we see the body's ability to heal and be healed is beyond what we previously imagined. Remote healing is possible, as is accelerated recovery from chronic conditions. The ability to relieve pain and suffering through vital energy alone is now further verified.



ACUPUNCTURE

Acupuncture dates back as far as 6,000 BCE. Discovered documents sealed in the Ma-Wang-Dui tomb in China revealed an early version of the meridian system that is said to be from 198 BCE. Today, this modality is an integral part of Chinese medicine. Countless individuals report successful, lasting benefits from their treatments.

Dissection of the body and the study of internal anatomy was forbidden in ancient China while acupuncture was developing. However, analysis now shows that 360 out of 361 acupuncture points correlate directly to the major nerves in the body. Stimulating these points, therefore, means the transference of life force energy into the significant electromagnetic pathways of the body.

A typical session is given after assessment by a practitioner. The recipient will lay down and receive a painless needle or pressure stimulation to the surface layer of the skin at a specific point on the body. These are known as meridian points or acupoints - energetic centers that link through energy channels with the different organs and systems within the body. The intention is to restore the energy flow of qi for more excellent health.

The Brain’s Response to Acupuncture

While it is difficult to detect the meridians themselves, we can study how their stimulation causes the body to react. For example, if acupuncture points correspond to our nerves, and the brain is our nervous system’s headquarters - how does the brain respond during an acupuncture treatment?

A series of experiments stimulated acupoint VA1 on a blindfolded participant. This point is on the foot, yet it is associated with vision in the acupuncture system. It would seem that the activity that happens

in our feet would have nothing to do with our ability to see, but this study suggests otherwise.

When administering an acupuncture needle at this point, the fMRI showed an increase in blood flow to the visual cortex in the brain. The study concluded that this acupuncture point did relate to the body part it was associated with for thousands of years.

Dr. Jones experimented with other methods of meridian stimulation as well, stating:

“Using medical imaging techniques, such as fMRI, the stimulation of certain acupuncture points can be shown to correlate with activity in corresponding regions of the brain. The identical activity also occurs if the acupoint gets stimulated with a pulse of ultrasound rather than a needle.”

Additionally, Dr. Jones tried one more method of acupoint stimulation – remote healing. Two advanced healers put their hands close to the patient while focusing their energy on point UB67; another point on the foot that is associated with vision. Amazingly, this stimulation method was sufficient to light up the patient’s visual cortex on the fMRI scan.

The healers repeated this process at a greater distance, somehow achieving an equally powerful response on the fMRI. Distance from the patient did not matter. This study, therefore, additionally contributes evidence towards the effectiveness of remote healing.

A study of brainwave comparison via EEG also shows that meridians can unlock chemical-free means of sedation. They tested the effects of acupuncture, acupressure, and Laserneedle stimulation on acupoints associated with sedation. The results were consistent with brainwave patterns found in someone under anesthesia.

THE CHAKRA SYMBOLS

Sahaswara
Crown Chakra

Ajna
Third-Eye Chakra

Vishuddha
Throat Chakra

Anahata
Heart Chakra

Manipura
Solar Plexus Chakra

Svadhishana
Sacral Chakra

Muladhara
Root Chakra

THE CHAKRAS

Subtle energy takes on new levels of significance through the Yogic system of the chakras. This map of the subtle body has been passed down for thousands of years. Practitioners claim yoga to be a viable path towards personal wellness and even enlightenment. When activated, the chakras connect heaven and earth through the human experience.

The word “chakra” in Sanskrit means wheel and refers to spinning vortexes of subtle energy that are said to reside throughout the body. Chakras, like qi, are thought to need certain conditions to remain active, balanced, and healthy. A yoga instructor may guide awareness to different points; the tailbone, heart, or mid-forehead. These physical locations correspond to places in the body where chakras manifest.

Since original Yogic texts first revealed the chakra system, modern medicine has discovered a correlation between the energy-based chakras and physical-based glands of the body. There are different interpretations of the chakra system, some having 8, 12, or even more chakras located throughout the body and beyond. Here, we will examine the standard seven chakras system and how it can help to cultivate wellbeing.

The system considers the full spectrum of the human experience. Chakras can become over or under-active, with the ideal energy expression found somewhere in the middle. The energy centers are color-sensitive and can benefit from color therapy. Look at, wear, or eat foods with the corresponding color to empower the desired chakra. They also respond to vibration through chanting sounds known as “bija” or seed syllables.

1. Muladhara – Root Chakra

Location: Base of spine, from the tailbone to just below the navel.

The root chakra is the first and represents our connectedness to the Earthly realm, our groundedness. It is also associated with the health and strength of the legs. To have a robust and balanced base chakra is to feel stable materially, financially, and emotionally secure.

Color: Red

Bija Mantra: Lam

When the Root Chakra is healthy,

– one feels “at home” and comfortable in their body.

– there is a sense of being supported by life and social connections.

– the physical energy to complete tasks is present.

– there is a feeling of safety & security regarding basic needs.

Underactive Root Chakra

People with a low functioning root chakra may appear to others as being “ungrounded.” They may be passive and lack the focus and determination needed to make things happen in the physical world.

Overactive Root Chakra

Living in “survival mode” can over-stimulate the root chakra. It may produce feelings of anxiety, aggression, and fear. Symptoms may manifest in the body as issues with digestion, pain in the lower back, leg/ hip injuries, and trouble with the ovaries or prostate gland.

Balancing the Root Chakra

Taking care of the body is the key to keeping the root chakra in

alignment. Go for a walk in nature, barefoot if possible. Do yoga or other forms of exercise to stimulate this energy center. Work in the garden, or offer community service to uplift the energy from this base center to keep it circulating throughout the rest of the subtle energy system.

2. Svadhishana – Sacral Chakra

Location: near the belly button and the area slightly below it

Next up is Svadishana, the Sacral Chakra. This energy center connects us with our creative self-expression. It also represents our ability to take pleasure in life through food, sexuality, and connecting sensuously with life's experiences.

Color: Orange

Bija Mantra: Vam

When the Sacral Chakra is healthy,

– creativity comes easily.

– the pleasures of the five senses can be experienced without guilt or going to excess.

– there is a healthy expression of affection

Underactive Sacral Chakra

An underactive second chakra feels like a creative block. Other symptoms may include depression, lack of enjoyment of things once enjoyed, and sexual impotence.

Overactive Sacral Chakra

Addiction and over-indulgence arise. Overactivity in this area can lead

to weight gain, hormonal imbalance, and compulsive behaviors.

Balancing the Sacral Chakra

Bring energy to this center by making time for creative projects, enjoying healthy snacks, stopping to smell the flowers, getting a massage, listening to good music, or anything else that uplifts the senses.

3. Manipura – Solar Plexus Chakra

Location: The area between the navel and the bottom center of the ribs.

The third chakra relates to our sense of self, our willpower, and how we project our personality into the world. It's our "gut instincts" and confidence.

Color: Yellow

Bija Mantra: Ram

When the Solar Plexus Chakra is healthy,

– there is healthy self-esteem, confidence, and capability.

– the willpower is in control.

– a sense of inner knowing through "gut feelings" is present.

Underactive Solar Plexus Chakra

If this chakra is underactive, we may inadvertently forfeit our power to others, leading us to be taken advantage of or controlled. Emotionally, there may be feelings of insecurity, neediness, and indecision.

Overactive Solar Plexus Chakra

Overactivity in this area may cause aggressive, controlling, and selfish behavior. It can lead to issues with the digestive system and related organs, including the stomach, liver, and pancreas.

Balancing the Solar Plexus Chakra

Bring balance to this energy center by using positive affirmations and focusing on positive qualities of self.

Keep this chakra from becoming overactive by taking win-win actions for the benefit of others in addition to personal gain.

4. Anahata – Heart Chakra

Location: The center of the chest, between the collarbones and the bottom of the ribs.

The fourth chakra is the heart center and is the seat of love, kindness, and compassion for self and others. Because of its association with the capacity to care, it also relates to wellness and healing.

Color: Green

Bija Mantra: Yam

When the Heart Chakra is healthy,

– love is given and received openly.

– compassion is available for oneself and others.

– actions come from a place of kindness and generosity.

Underactive Heart Chakra

Heartbreak can lead to closing off from the desire to develop and maintain connections with others. Loneliness, social anxiety, and

depression are emotional indicators that things are not functioning well here. Over time, this can lead to physical issues with blood circulation.

Overactive Heart Chakra

It is possible to be too kind and accidentally lose sight of healthy boundaries in relationships. Excess heart energy can lead us into situations where others can take advantage. On the physical level, watch for elevated heart rate, palpitations, and heartburn.

Balancing the Heart Chakra

Joining a service project that focuses on uplifting those in need can help reopen and balance this center. Wear or eat the color green. Consider caring for houseplants as an easy way to bring in some green. Take time for the all-important self-care. Meditate on gratitude.

5. Vishuddha – Throat Chakra

Location: The center of the neck, radiating from the lips to the collar bones.

The throat chakra is our ability to use our voice to create positive change. It allows us to speak with honor, truth, and courage.

Color: Blue

Bija Mantra: Ham

When the Throat Chakra is healthy,

– word choice is selected for clarity, kindness, and truth.

– honesty is expressed both internally and externally.

– the right things are said at the right time.

– the voice becomes a tool to uplift and inspire others.

Underactive Throat Chakra

If energy is lacking in this chakra, feelings of shyness, timidity, and fear around speaking emerge. When the time comes to have a conversation, there is a loss for words. Suppressing this chakra leads to teeth, jaw, or stomach issues.

Overactive Throat Chakra

Too much energy in the throat chakra can cause loud, abrasive speech. Speaking too often and not leaving room to listen is also implicated. Physical symptoms may include throat pain or infection, ear issues, mouth sores, and cavities.

Balancing the Throat Chakra

Bringing energy to this chakra is as easy as speaking truthfully. Call a friend, sing a song, or even write ideas down. Get the words out and get communication flowing.

6. Ajna – Third-Eye Chakra

Location: Between the eyebrows, radiating from the mouth to the crown of the head.

The sixth chakra is related to the “sixth sense.” It allows us to perceive things beyond the mundane physical world. It is the seat of intuition and all psychic energy. This type of vision gives depth-perception into the nature of others and reality.

Color: Violet / Indigo

Bija Mantra: Aum

When the Third-Eye Chakra is healthy,

– there is a connection to both the physical & spiritual world.

– the mind is open.

– sleep & dream life are active and healthy.

– psychic abilities open.

Underactive Third-Eye Chakra

If the third eye is closed, the material world feels like the only important aspect of reality. There is a disconnection from Spirit, dreams, and intuition. One may experience trouble sleeping, headaches, allergy, and sinus issues.

Overactive Third-Eye Chakra

Overactivity looks like a preoccupation with spirituality that interferes with living everyday human life. Over-reliance on oracles, astrology, and other intuition tools can indicate that focus needs to be on 3-D activities that increase the energy of the lower chakras.

Balancing the Third-Eye Chakra

Strengthening this chakra can be achieved by meditation. Visualization practices, keeping a dream journal, focusing awareness on the third eye area, and contemplating spiritual texts can all be ways to bring energy to this center.

7. Sahaswara – Crown Chakra

Location: The top of the head, or just above it, radiating infinitely upwards.

The seventh and final chakra represents our connection to all that is.

Our crown is where universal consciousness resides and interfaces with our identity.

Color: White / Rainbow

Bija Mantra: Ah / Om or Silence

When the Crown Chakra is healthy,

- there is a sense of safety in being in the world, but not of it.

- beauty and divinity are evident in all things.

- consciousness is free from suffering.

- there is a degree of enlightenment.

- it brings balance to all other chakras.

Underactive Crown Chakra

Virtually everyone could use a boost in this energy center in today's world. Feeling disconnected from life, spirit, or in a state of doubt are manifestations of a closed crown chakra. When there is a blockage in this chakra, all bodily systems suffer.

Overactive Crown Chakra

Overactivity in the crown center causes difficulty connecting with life. There may be a sense of superiority or elitism. Remember to stay humble.

Balancing the Crown Chakra

Living an uncluttered life will help keep this chakra working. Make time for daily meditation, going outside, yoga, prayer, and positive affirmations to help keep this powerfully positive energy circulating.

Kundalini Awakening

According to yoga, there is a feminine “Shakti” energy that is dormant at the base of the spine. The Upanishads mention a force called Kundalini, which means “coiled,” sitting in the base chakra. Through activating the chakras, this energy uncoils and rises through the spine and chakras like a snake. If this energy reaches the crown chakra, it’s called a Kundalini Awakening and is associated with attaining enlightenment.

Evidence for the Chakra System

The chakras can serve as a symbolic self-reflection tool for health on a body-mind-soul level, but do they actually *exist*? Evidence emerged in a laboratory setting within the last few decades, moving them beyond the realm of anecdotal.

Traditionally, the visualization of shapes called “yantras” and the repetition of chants known as “mantras” provide a way to activate and tone the chakra centers. Their connection to sound resonance made its way into an event known as the *Rolf Study*, conducted by Dr. Valerie Hunt.

Electronic measurements recorded subjects’ responses to vibration, sound, and energy healing. Test subjects had wires connected to their chakras to see if the chakra points would react to various types of stimulation. Additionally, Reverend Rosalyn Bruyere, a reputable clairvoyant & energy healer, was invited into the test room to see if she could independently sense any changes to the subject’s energy body.

Participants would lay on their backs as a tone would play at random times through headphones. Rosalyn was unaware when the sounds would play, nor could she see the machine. Yet, she could intuitively sense the chakras opening or growing brighter in unison with the

tones with repetition and accuracy.

This also worked in reverse when Reverend Bruyere sent healing energy to open the individual's chakras. The electronic reading produced the same signals of frequency witnessed when the tones were played. Apparently, energy work can measurably impact these energy centers of the body.

The correlations continued into colors, as Bruyere described green energy surrounding the activated heart chakra – its traditional color in the chakra system. The heart point electronically registers at 300Hz. When individuals heard this tone (again, unbeknownst to Bruyere), she would accurately confirm increased pranic activity in the heart region.

Hunt observed changes in the electronic frequency and wave pattern when Bruyere would focus on specific chakras. The readings from the tests were consistently accurate. Now, Dr. Hunt knew how to measure chakra health using electronic means alone. This study affirms the relationship between tone, energy healing, and the chakras.

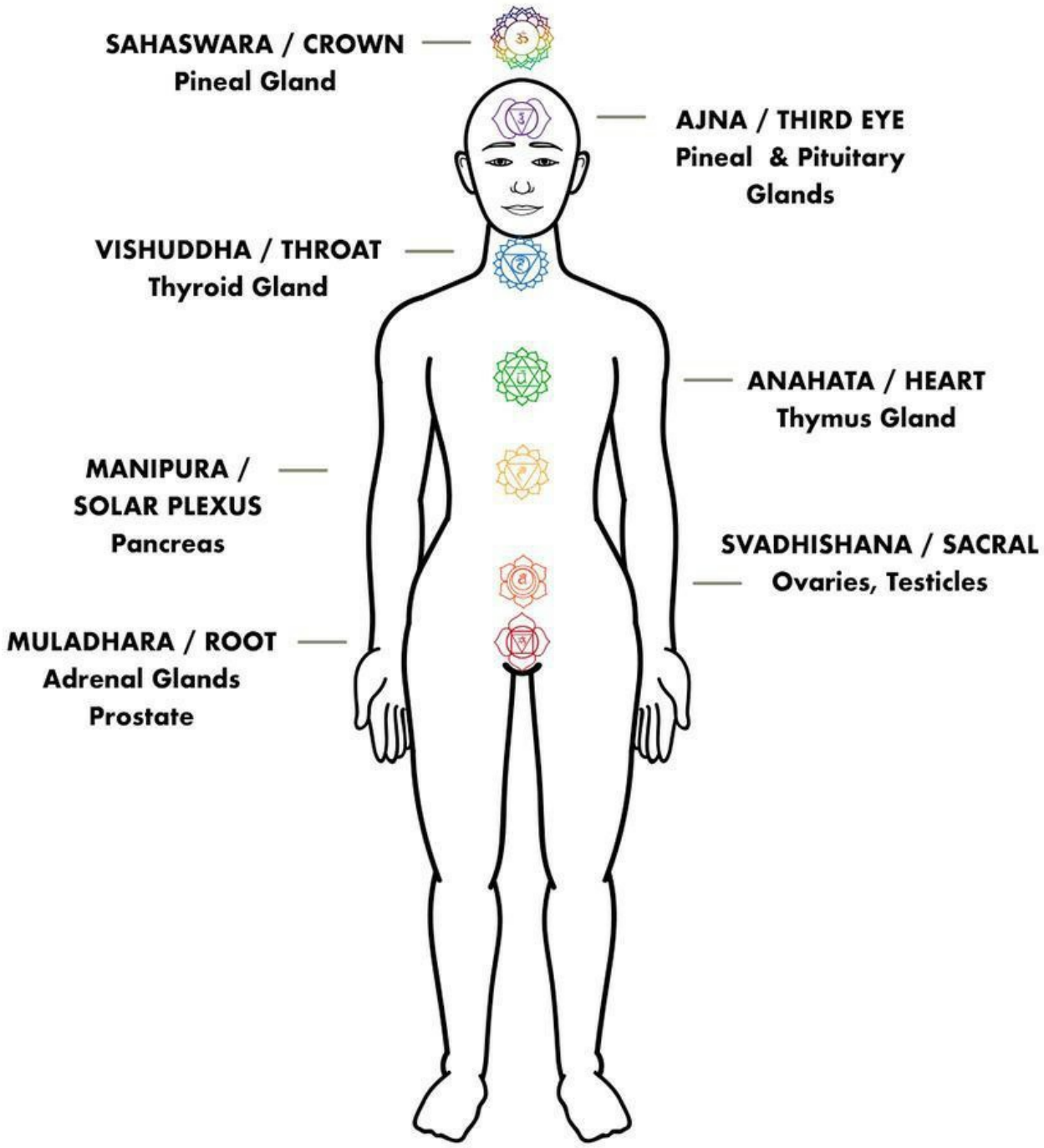
This energetic aspect may be why yoga is known to be more holistically therapeutic than other forms of physical activity. The word "yoga" comes from the Sanskrit root "yuj," which means union, or to join (with the Divine intelligence within.) On the physical level, yoga strengthens and tones the body while improving circulation and flexibility. Mentally and emotionally, the practice promotes stress relief through relaxation, combined with a focus on uplifting concepts.

Today's yoga tends to focus on the physical practice of asana. However, this is only one of the multifaceted approaches this ancient art offers for ideal health. The sage Patanjali, credited with writing the foundational Yoga Sutras, discloses ashtanga, meaning "eight limbs," representing an eightfold path to enlightenment. True yoga highlights the importance of ethical living. According to yoga, a purposeful, moral

life additionally cultivates mental, emotional, and spiritual health.

As a lifestyle, it reduces the risk of many of today's most significant health challenges, including heart disease, cancer, depression, anxiety, and other stress-related illnesses. Long-term yoga practice provides relief specifically to conditions that physically link to chakra locations - although its benefits are not limited to these conditions alone. Chakra balance could genuinely be a factor in maintaining one's overall well-being.

ENDOCRINE SYSTEM & CHAKRA CORRELATIONS



Koshas

The Vedas additionally describe aura-like energy layers. Yoga instructor, Sushanna Jordan, describes them like this;

“In the ancient Vedic texts, the mind and body form layers called “koshas” that house the soul, or Self. Kosha is a Sanskrit word that translates to sheath or covering. Each layer becomes more and more subtle.

The first layer is the annamaya kosha. It represents the physical body and relates to our diet, activity, and self-care.

The second is the pranamaya kosha, the energy body - our Qi, life-force, or Prana, which strengthens through breath and energy work.

The manomaya kosha is our mind or mental body. It is cared for through meditation and self-reflection.

The next layer is the vijnanamaya kosha, our wisdom, awareness, and intellect. It strengthens through learning and studying.

The final and most subtle kosha is the anadamaya kosha, or bliss body. This ethereal body connects to the universe and enhances by time spent in nature and prayer.”

LAYERS OF THE AURA

Like cake, there are layers to the human aura. Mystic traditions and modern clairvoyants such as Barbara Brennan, Rosalyn Bruyere, Mietek Wirkus, and others convey different qualities of these alleged energy fields.

Various systems exist to describe how each layer of the auric field plays into our well-being. For simplicity, we will focus on the most

common interpretation, inspired by Dr. Claude Swanson's writing in his book *Life Force: The Scientific Basis*.

All versions of the auric fields point to a higher dimensional aspect of reality and possibilities beyond the physical realm. Each aura layer possesses a unique vibrational gradient, structure, form, and function. All layers are active at all times and can be accessed individually. Meditation practice can help develop the ability to explore layers of the aura and its associated qualities.

Etheric

The etheric layer is the closest to the physical body, extending one or two inches beyond the skin. It regulates the exchange of energetic information between the body and its environment. This layer gathers and distributes life-force energy from the sun and environment through its biophotonic - torsion field.

This etheric field layer could be responsible for informing the body's shape, comparable to the informational "L-field" described by Harold Saxon Burr or Morphogenetic Field as theorized by Rupert Sheldrake. Claude Swanson, Ph.D., believes that DNA can communicate with this layer through biophotons and become attuned through the acupuncture meridian system.

When people describe the color of the aura, they are referring to this level. The primary healthy aura colors include violet, blue, green, yellow, orange, deep red, gold, white, silver, and pink. Healers can project the needed color energetically to patients during healing sessions to repair this level of the energy body when needed.

Astral

Wrapping the etheric layer is the astral layer, which links with desire, emotions, and feelings. It penetrates the body and extends one-to-two

feet beyond it, connecting the sensations of the physical body with the higher mind. This field changes color and distance depending on one's emotional state.

The quality of a person's astral body reflects their level of spiritual development. An underdeveloped individual will have a small and cloudy astral body, while a more spiritually advanced individual will tend to have a clear and expanded astral body.

Mental

Beyond the astral is the mental level associated with intellect, imagination, and memory. When a person thinks, waves of energy are sent from their mental body and can be picked up in the mental plane by others for non-verbal understanding or telepathic encounters.

According to Claude Swanson, Ph.D., this level corresponds to the Akashic Records, an energetic record of all occurrences throughout time. If one can bypass emotional clouding, it is possible to see any event in history. Some clairvoyants can independently review identical etheric records and accurately report the exact details from the chosen events of the past.

Causal

The causal plane relates to abstract concepts and generalities. It stores our past life information and the karma which "causes" us to behave in specific ways in this lifetime. Soul-level lessons, general impressions, wisdom, and the power to manifest are all associated with this auric level. Additionally, it contains general knowledge of mathematics and geometry. This layer is the home for the soul's guiding blueprint of evolution from lifetime to lifetime.

Buddhic Plane

As the auric layers extend outwards from the physical body, there is

an overlap with the auric fields of others. Connection to the Buddhic level brings a state of universal oneness with all beings. This sense of unity can encourage forgiveness of others' faults and an ability to tap into their skill sets and talents without spending time developing them personally.

States of pure love, compassion, and charity exist at this level. Dissolution of the self, time, and space can occur for an experience of limitless consciousness. The past, present, and future become available to one's awareness simultaneously.

Clairvoyants claim that these dimensions are a reality and exist at a higher vibrational rate than the physical plane we inhabit. Emotional states such as greed, materialism, jealousy, and hatred cannot exist at these higher densities. Thus, purity of motive and the development of consciousness is essential for those seeking to investigate them.

SUBTLE ENERGY LINKS WITH LIGHT & DNA

"We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say emphatically that the function of our entire metabolism is dependent on light."

- Dr. Fritz Albert Popp

Dr. Herbert Frohlich, a German scientist renowned for his work in physics in the early half of the twentieth century, used his knowledge to investigate the relationship between light and the body. His findings became the foundations of our understanding of the electromagnetic nature of biology.

While current science focuses on the chemical transactions between cells, Frolich found an underlying communication more subtle than chemistry. Our cells produce biomolecules, and these molecules both emit and receive electromagnetic and vibrational energies through

packets of light called *biophotons*.

Fritz Albert Popp provided the rediscovery and first thorough analysis of biophotons, noting that they assist cell communication and differentiation. These tiny light units instruct new cells to become, for example, blood rather than skin cells. He concludes that understanding biophotons could lead to better methods of diagnosis and treatment of infections and determining the quality and freshness of food.

When a regular molecule or atom changes its quantum state, it creates a photon. The waves produced by these photons create electromagnetic energy. A vibratory energy transfer occurs when the waves reach the electric charge surrounding the molecule.

“Science has not yet explained how DNA commands a child’s cells to grow only to a certain point and no further. How would you make sense of, for example, the fact that the DNA in an ear and the DNA in a toe are identical? Nothing in that DNA differentiates the DNA in an ear from the DNA in a toe. So what informs DNA to become an ear, a toe, or a specific organ? Mainstream genetic science still has some things to explain.” - Eric W. Thompson

Mystic traditions include the existence of a human “light body” within their teachings. Research suggests there may be a holographic nature to biology. A hologram is a three-dimensional image formed by the interference of light beams from a laser or other coherent light source. Now, the study of this subtle body may answer the question as to what intelligent force instructs DNA to build bodies properly.

“As biologist Rupert Sheldrake points out, when mainstream science refers to how things are designed, it tends to speak in genetic terms but does not explain how they combine to create a unique architectural design. If there is information informing life to be and evolve as it is, that implies the presence of consciousness that

somehow gives expression to that design."
- Eric W. Thompson

There is more to DNA than previously imagined. Studies indicate that DNA acts as an antenna to read and transduce subtle energetic resonance from a larger, collective morphic field surrounding the human body. These studies also suggest that our emotional states and intentions are powerful enough to alter DNA expressions. Heartfelt intentions, for example, influence physical health - for better or for worse.

Living a life of love and acceptance may contribute to the healthiest genetic expression:

"Specific thoughts and intentions are generated by the brain/mind and are used to frequency modulate the coherent biofields from the heart. When one is in a state of love, the coherence is enhanced, and the biofields become stronger. This allows for a resonance between the coherent fields of the heart and the coherent fields around the DNA molecule. This process is further enhanced by the presence of subtle or spiritual energies which resonate with the body due to the toroidal nature of the coherent bio-fields."
– Glen Rein, Ph.D.

Claude Swanson, Ph.D., thinks biophotons generated by healthy human DNA act as informative units for coherent light within the human body. Current research on the biophotonic field indicates that it produces and represents a holographic map of the body within itself. If this is true, it might explain how instant, holistic communication occurs among the trillions of individual cells comprising the human form.

According to Dr. Swanson, this laser-like coherent light generated by DNA produces positive interference with other biphotons. These waves tend to sync up, becoming even more powerful. Thus, they create an interference pattern – AKA – a holographic template of the

body.

Some cases show a small number of biophotons existing outside of the body. However, this is not necessarily a good thing. Biophoton leakage may indicate ill health and a lack of coherence within the body's biofield.

A high concentration of coherent biophotons keeping the integrity of the inner hologram may give a person a "healthy glow." Biophoton leakage may cause the "lackluster" appearance associated with illness.

Biophotons respond to signals received through subtle energetic resonance and therefore factor into the process of subtle energetic healing. Dr. Swanson also believes that the holographic torsion field produced by the interactions of biophotons could be what clairvoyants see as the body's aura.

Intention, the Heart & DNA

If subtle energy exists around and within us, serving as the underlying intelligent, sustaining force of the universe; how does it translate from the quantum level to physical human biology? Healing studies show that energy healing from a practitioner, such as Qigong masters Jixing Li & Dr. Yan Xi, can positively influence even the most challenging health conditions.

For such radical health shifts to occur, some crucial activity must appear at the cellular level. One study that demonstrates the role of subtle energy in catalyzing such radical changes, *The Effect of Conscious Intention on Human DNA*, was published in the *Proceeds of the International Forum on New Science* by Glen Rein, Ph.D.

The results suggest there could be a link between our DNA and the quantum field. Rein experimented to discover what, if any, biological

effects different thoughts, images, and intentions would have on the growth of cultured tumor cells.

A healer named Leonard Laskow sat in front of a dish of cells. Laskow held five different intentions during his meditations. Using a technique that allows him to enter into a focused, coherent state, he describes the intentions as follows:

1. Returning to the natural order and harmony of the cell's regular rate of growth before transforming into tumor cells

2. Circulating the microcosmic orbit

3. Letting God's will flow through his hands (a transpersonal intention)

4. Unconditional love, with no specific direction given to the energy

5. Dematerialization into the light or the void

The samples were labeled blindly and brought back to the lab, receiving analysis after 24 hours to see how their growth would compare. The cultures all yielded different results. Some intentions proved to be more biologically active than others.

Three of the intentions inhibited the growth of the tumor cells – the most effective was the intention for the cells to return to their natural state, which they did by a complete 39%! The meditation on God's will yielded a 21% inhibition rate. The microcosmic orbit meditation led to an 18% decrease in tumor growth rate.

In other experiments, Laskow would change the image he held in his mind while meditating. He imagined only three cells were remaining in the dish for one meditation. The result came back as an 18% inhibition rate over the control group. Using the same meditation technique, he imagined increased tumor growth, and the results showed a 15% increase in growth rate.

This study shows that combining heartfelt intention with an image held in the mind can affect circumstances on a biological level. It also demonstrates that this can work for us positively or negatively. Focusing intently on healing by picturing the desired outcome in mind statistically *increases* the chance of recovery.

How can our mental-emotional state affect the formation of our DNA? In the tests described above, a consistent factor in the meditations was that Laskow maintained a state of unconditional love. The HeartMath Institute measured the electromagnetic field of individuals experiencing an uplifted emotional state. The ECG patterns show a greater coherent frequency in individuals in an emotional state of love. These individuals had enhanced immune systems, demonstrating again the positive effects coherence has on the body.

"In this way, specific intentions, carried by the coherent bio-field of the heart, can transmit information to local biochemical reactions inside the cell." – Glen Rein, Ph.D.

While this suggests that our thoughts and emotions can change our DNA, Rein also talks about the influence of subtle energy on DNA in this study. Each DNA may have an individual bio-field. The purpose of this field may be so our DNA can function as an antenna to transduce and communicate subtle signals. The emotional state may regulate our subtle energetic state and in turn, affect how DNA expresses itself.

If emotions and DNA are connected, emotional states and their concurrent energetic states could be critical parts of the healing equation. When done from the heart, prayers and visualizations may hold the key to unlocking our healing potential at a genetic level.

Could DNA be an antenna, capable of receiving and interpreting energetic signals? Rein hosted more studies to test this idea at the Quantum Biology Research Lab at IHM. Human DNA was isolated in an aqueous solution to remove any direct interference from the

nervous system. This DNA was placed in front of an individual who held the intention to change it.

Then, they measured the winding and unwinding of the DNA using a UV Spectrophotometer, comparing it to the control sample of DNA - which received no energetic treatment. The control group showed a change rate of about 1.1% and the treated DNA at least doubled in rate, ranging from 2-10%. These results were confirmed again by repeated testing at IHM.

Other experiments with subjects who were *not* gifted healers, had ECG (electrocardiogram) readings recorded their state as they generated positive emotions while focusing on the DNA. Those who attained ECG coherence could successfully wind or unwind DNA based on their intention.

In another experiment, researchers placed DNA in front of someone in a state of ECG coherence. This individual placed focus on their heart instead of the test DNA. No observable changes to the DNA came from this account, implying that heart coherence alone is not enough to influence the DNA.

These studies reveal that intention impacts the change rate of our DNA, showing it is possible to alter DNA through thoughts. While heart coherence has an electromagnetic effect that can act locally within the body, further testing demonstrates that intentions from skilled healers can also work non-locally.

For example, they observed a man named Lew Childre influencing DNA in a targeted way without being present in the room. Childre could affect the DNA samples from half a mile away in one of the experiments. He received a phone call when the samples sat ready on a laboratory bench. He sent different intentions to each vial. The results confirm that he could successfully cause winding, unwinding, and having no effect on the DNA as intended – despite not being

present in the room.

Radio stations and satellites can broadcast signals, and little plastic boxes with wires can interpret them into sound and video. How much more advanced is their creator; the living human consciousness and body? Subtle energy may be the medium through which intention travels in a way that DNA can still receive and interpret the signals.

The toroidal electromagnetic field of the DNA enables it to sense subtle energy in its environment, transduce the signal into electromagnetic energy, and then radiate the intended code to cause intracellular changes surrounding it. Intentions held by our minds can manifest physically. The result can cause changes at a cellular level, where physical healing becomes evident. Our heartfelt intentions are communications that inform and influence our DNA.

Cellular Memory

Where does our personality reside? Science has already discovered our nervous and immune system's ability to store memory, but new evidence points to something more far-reaching. Thanks to Paul Pearsall, Ph.D., we are beginning to uncover the potential power of every living cell to store and express memory.

Pearsall is a psychoneuroimmunologist and licensed psychologist with over 30 years of experience in Western science. He founded and directed a psychiatric clinic where many patients receive heart and other organ transplants. His career path led him to also provide behavioral therapy in a cardiac rehabilitation program. Leveraging this unique opportunity to study changes made to the patients' post-transplant operation, he explored the relationship between the heart and our memories.

Researchers are now open to the idea that other parts of our body could store memories that make up our identity. This scientific cellular

memory theory, named the “living systems” theory, states that each cell can store memory and house decision-making functions. Even the ongoing, self-regulating feedback loops present within molecules and atoms suggest a form of memory is active at even the most minute levels of our being.

Traditional Chinese Medicine (TCM) includes a similar concept. Each main organ corresponds with specific emotions. For example, experiences of prolonged sadness manifest through lung or large intestine troubles, fear links with the kidneys and bladder, and anger with liver imbalance. The case studies presented by Pearsall are beginning to illustrate evidence of just how potent this cellular memory phenomenon can be.

For example, one psychiatrist reported an alarming yet fascinating case that supports the evidence of cellular memory. She provided counseling for an eight-year-old girl who received a heart transplant from another young girl who was murdered. The patient would wake up screaming from nightmares about a man murdering the girl to whom the heart initially belonged. The good part of the story is, that by using the description of the man’s appearance, clothing, place, time, and weapon as seen in the dream, police were finally able to find and convict the murderer.

“There’s never any closure in an awe-inspired life, only constant acceptance of the mysteries of life.” – Paul Pearsall

This girl’s story is not an isolated incident. In Pearsall’s book, *The Heart’s Code*, he outlines many other cases where heart transplant recipients acquire the preferences of the former owner of the heart. These new preferences range from tastes in food to favorite activities and even as far as love and recognition of the donor’s family members.

Noting that while science is still uncertain of where our memories

exist, it could be possible that the relatively fresh discovery of neural networks in the heart may be home to some of our memories. Pearsall offers more possibilities in his book, some biochemical, others metaphysical.

DOES BELIEF MATTER?

There is a common link between energy healing and faith & spirituality. But, does one need to “believe” in subtle energy for healing treatments to succeed? Researchers Dr. William Bengston and David Krinsley investigated to see whether or not belief is an essential factor when working with subtle energy-based modalities.

A carefully controlled experiment, outlined by Dr. Bengston and Krinsley in the peer-reviewed *Journal for Scientific Exploration*, indicates that belief is not important when working with subtle energy. According to their study, even skeptics can be highly successful at providing energy healing.

For the study, people with no prior training or any belief in the effectiveness of subtle energy-based healing modalities were taught a method for sending healing energy through their hands. They required that the volunteers performing the experimental healing protocols be skeptics who did not believe the treatments would succeed.

After learning the modality, they sent direct healing energy toward mice injected with a terminal form of cancer for an hour per day, every day, for one month. There were three different groups of mice in this experiment:

Group 1: Mice in cages held by the skeptical energy workers, directly receiving subtle energy healing.

Group 2: Mice who were not direct recipients of the energy but were in the room while the healing sessions took place.

Group 3: The third group was mice moved offsite to an entirely different location.

Under normal conditions, mice typically grow tumors and die within 2-3 weeks of injection. The mice in the offsite facility saw no remission and died as expected. However, something miraculous occurred with the mice who received energy healing from previously untrained skeptics.

The mice who directly received the healing treatment displayed 70% to 100% cancer remission rates. Mice in the room, who were not direct recipients of the energy, still tested at a remission rate between 50% to 85%! This statistic is evidence that there is an active “proximity effect” of subtle energy healing that has the potential to bring benefits to those in the surrounding area.

“The tumors developed a “blackened area,” then ulcerated, imploded, and closed, and the mice lived their normal life spans.” - Dr. William Bengston

This experiment rules out the possibility of energy healing exclusively being a “placebo effect.” The mice did not know that they were targets of subtle energy healing. Also, the study specifically selected people who did not believe that the treatment would be effective. These conditions ruled belief out of the equation, yet, the results were still overwhelmingly positive – even for the mice who were merely in proximity to the treatment.

Another takeaway from this experiment is that anyone can become an energy healer. People who did not even believe in what they were doing were able to cure a terminal illness after only a short period of training. Perhaps this study will inspire further investigation into whether or not energy healing can bring relief to humans suffering from similar conditions.

EPIGENETICS

Thinking may directly impact health beyond governing our ability to make healthy choices. Dr. Bruce Lipton's research provides additional confirmation of the mind-body phenomenon. Dr. Lipton began his career as a cellular biologist, focusing on muscular dystrophy, stem cells, and mechanisms that control the cells' behavior.

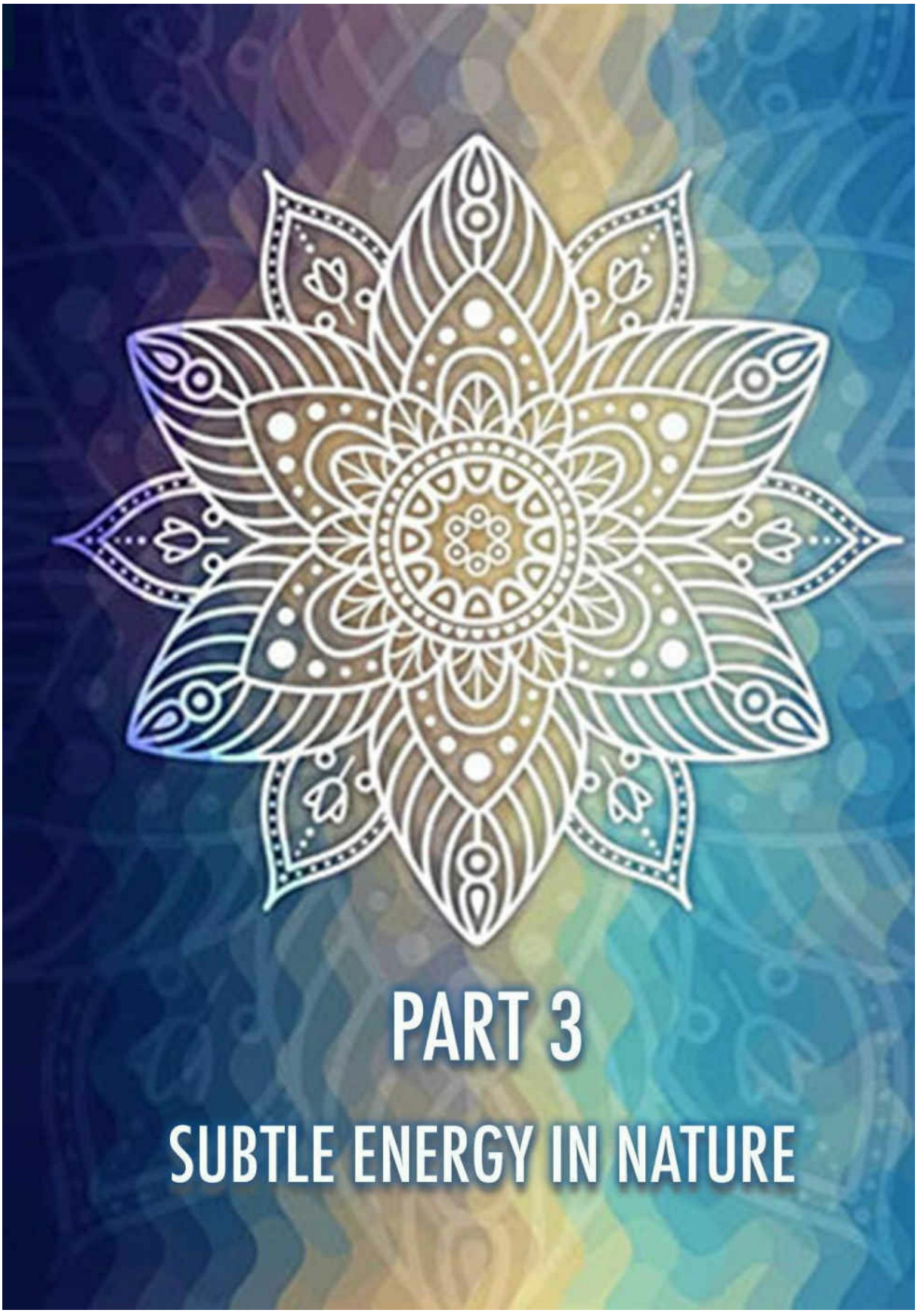
Applying the principles of quantum physics to his work, he made a groundbreaking discovery; the environment could influence the cell's physiology to turn genetic expression on or off! More research demonstrates how the mind-body connection influences the body's molecules. A new field of study called *epigenetics* is now under exploration.

Epigenetics is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself. In this way, the mind does have a profound effect on the health of the body.

Dr. Lipton now dedicates his time to sharing the critical implications of his work. He believes that healing can be enhanced by positive thoughts and being around uplifting people and places. He is the author of numerous books but is perhaps most popularly known for *The Biology of Belief*. The book details the mechanisms that make human cells work, presenting the profound idea that DNA does not solely control our biology. This data suggests that the health of our cells and our genetic expression are not as fixed as scientists once thought. Therefore, we can take a little more control of our health and destiny by changing our beliefs.

Comparing Lipton's work with Bengston and Krinsley's study on mice raises a few points. It seems healing energy can be beneficial, even if you don't believe in it. However, perhaps limiting beliefs are powerful enough to block healing from happening. Maybe this is why the mice

were able to heal so effectively - they did not know they had terminal cancer, and, therefore, could not hold limiting beliefs surrounding their ability to heal.


PART 3
SUBTLE ENERGY IN NATURE

PART 3 SUBTLE ENERGY IN NATURE

BIOFIELDS

The body is a fantastic self-healing machine, constantly repairing itself from the damages of daily life. Bodies can heal from minor scrapes and severe accidents without us giving it much – if any – conscious thought. Some animals, like lizards and salamanders, can fully regenerate whole body parts. If we understood how this happens, maybe human regeneration would be possible as well.

In his book, *The Body Electric*, Dr. Robert Becker shares his experiments at the Veterans Administration Hospital in New York which explore this possibility. He and his colleagues discovered a bioelectrical component to our body's self-healing ability. Initially, the view of the nervous system was that it is essentially the only electrical system in the body. However, Becker's work found an additional subtle transmission of DC voltages running throughout us.

These currents interrelate with the acupuncture meridians and could function as a communication network by the body to transmit information about the location and severity of an injury. According to Becker's experiments, interference with these currents can even prevent healing.

In one set of tests, he could speed up or slow down wound healing by applying DC electrical currents. They reduced the healing times of bone fractures and caused bones to heal that would not improve before treatment. Through this method, they were able to miraculously produce complete limb regeneration in frogs – an animal that is not capable of regeneration under natural circumstances.

Dr. Becker noticed that when he would apply these weak currents to

cells near the wound, they would “de-differentiate” – or transform from a specialized cell (like a skin or blood cell) back into a stem cell. A stem cell has the potential to become any type of cell and is ideal for healing, as it can take the form of any cell that the body needs for repair. So, this energy current’s strength and proper flow are essential for our body’s ability to repair itself continually.

The discovery of this energetic healing current is a huge breakthrough but does not answer the question as to how the frog’s limbs “knew” into what shape it should regrow. It also does not account for how a salamander’s limb knows how to regenerate or how long a lizard’s tail should regrow. Dr. Becker suspects that an additional force is collaborating with this energy current to inform the new cells on which shape to take.

He concludes that there must be an organizing field of intelligence surrounding the body. His conclusion aligns with the work of Yale professor Dr. Harold Saxon Burr, who also worked with measuring the DC electromagnetic fields of living beings in the early half of the 20th century.

Burr thought of the energy surrounding living things as the Life-field or “L-field,” for short. He saw this field as a jelly-mould that causes life forms to take their unique shapes. Just as a mould can be damaged, so can our energetic field, causing us to lose our original shape, which leads to illnesses and imbalances.

L-fields are measurable through devices called voltmeters and electrodes, which can detect living things’ fluctuating energetic patterns. Since most living things either decay or need to keep moving, studying trees offers the best opportunity to get long-term bio-field measurements. Reported in his book, *Blueprint for Immortality: The Electric Patterns of Life*, Burr describes an experiment in which recording voltmeters stayed connected to an elm tree and a maple tree for many years.

The results provided insight into several aspects of L-fields. For one, L-fields measure differently during times of light or darkness. The trees' fields also vary according to moon cycles and solar storms. The fields of seeds, animals, and humans also fluctuate with these cycles. The implications of this experiment adds depth to perspectives on how cosmic forces impact life on Earth.

"The Universe in which we find ourselves and from which we cannot be separated is a place of Law and Order. It is not an accident nor chaos.

It is organized and maintained by an Electro-dynamic Field capable of determining the position and movement of all charged particles."
– H. S. Burr

Looking even deeper into bio-electric L-fields, Burr's study with mice yielded more surprising results. It may point to a new way to detect cancer before it appears. He took over 10,000 measurements via micro voltmeters attached to the mice's bodies. The recordings show a radical rise by several thousand microvolts preceding the appearance of cancer formations in the mice – up to two weeks in advance. This jump in microvolt readings did not occur with mice who did not develop cancer.

On the chemical level, Burr is credited with discovering the hormone estrogen. In addition to publishing 93 papers on bio-energetic phenomena and the nervous system, Dr. Burr worked as the Professor Emeritus of Anatomy at Yale University's School of Medicine. His articles are currently available through the *Yale Journal of Biology and Medicine* archives.

DO CRYSTALS HAVE SUBTLE ENERGY?

Crystals are popping up in shops everywhere with claims of alleged benefits for nearly every aspect of life. Working with crystals as energy

healing tools deeply intertwines with human history. Evidence exists that the ancient Sumerians, Chinese, Egyptians, and the indigenous people of Mexico employed crystals for healing, spiritual rites, and shamanic ceremonies as far back as 4,000 BC.

Now, global (hopefully ethical) trade brings unprecedented access to more of these gems than ever before. Can the presence of a particular stone add an “energy” to a person or space? One researcher, Baron Dr. Karl Ludwig von Reichenbach, studied crystals with people whom he classified as *sensitives*. Sensitive is a term for people who can sense subtle energy.

Having heard the mystic lore of crystal energy, Reichenbach gathered some of these precious stones for a study. He recorded isolated witness accounts, watching for repeatable subtle energetic traits the crystals might exhibit. His writings include instructions on how to duplicate one of his experiments;

“Just procure a natural crystal, as big a one as you can get, say gypsum spar two spans in length… and lay it horizontally over the corner of a table or the arm of a chair so that both ends project unsupported. Now lead a ‘sensitive’ person up to it and tell them to put the palm of his left hand within three, four, or six inches from each end of the crystal, one end after the other; it will not be half a minute before he will tell you that a fine, cool current is coming from against his hand from the end of the upper part of the crystal, while from the other end - but on the lower, broken surface, that on which the crystal grew - a certain feeling of lukewarmness reaches his hand.”

- Karl von Reichenbach, 1852

For other studies, sensitives who were not in contact with one another would sit in a dark room, one at a time, for several hours. As their eyes would adapt to the complete darkness, a new type of light emerged. Energy emissions were glowing in the dark, surrounding a

crystal within the room.

Sensitives described white light surrounding crystals and blue light streaming from the point of the crystal, which would sometimes emit sparks. Red and yellow light was coming off of the broken end of the crystal. This experiment was repeated many times with the same results.

Reichenbach states that if one wishes to try this at home, it is essential that the room is entirely dark. The smallest amount of light may interfere with one's ability to perceive this very subtle form of light. The current theory is that crystals do not generate this life-force themselves but rather concentrate and channel it outwards in the area surrounding them.

Evidence that the subtle energy surrounding crystals can affect matter without even coming into contact with it comes from an experiment done by Dr. Claude Swanson. Swanson took sealed glass jars of water and placed them in a container of Anchi crystals for three days. The water was analyzed using Raman scattering, which applies laser light to make the bonds between water molecules visible.

The results showed a 25% increase in bond frequency in the water "charged" with crystal energy. The frequency change within the water dissipated within a few hours, ultimately returning to its original state after 17 days. Swanson proposes that this indicates that crystal energy can impact the structure of water without needing to be in direct contact with it – that this energy can travel through glass.

Reichenbach's crystal energy experiments add weight to what healers and shamans have claimed. Swanson's study shows that subtle energy from crystals can impact water bonds, which make up most of our body chemistry. The power of crystals CAN add an etheric "charge" to water, the body, and the environment.

PLANT CONSCIOUSNESS

We recognize human and animal sentience, but are plants conscious too? An accidental discovery supports the possibility of plant consciousness. Plants may have “emotions” and possibly be able to sense and react to our thoughts.

Cleve Backster arrived to work early one morning in February of 1966. His career with the US Navy & CIA led him to become a master of polygraph technology through administering lie detector tests to subjects in question. Sitting alone, he decided on a whim to attach the polygraph machine’s galvanometer electrodes to a dracaena plant that was with him in the room.

He watered the plant, and the graph moved in the same way as when a human shows a surge of emotion. To Backster’s surprise, the plant was responding to physical stimulus. He began to formulate new ways to interact with the plant, thinking about trying to burn one of the leaves that had an electrode attached to it. The polygraph needle spiked upwards as if the plant could sense a threat.

Thus, a new phenomenon called the “Backster Effect” was born. His experiments did not end there. He decided to test as many groups of living cells as possible. According to his research, eggs, yogurt, and freshly severed leaves register an “emotional” response to stimuli. Even human cells taken from the mouth respond directly to the same condition that the person sampled was experiencing; despite no longer being physically connected.

Different scientists have replicated these experiments, both failing and succeeding in getting the original test results. Backster claims that specific requirements need to be met for human consciousness not to interfere with experiment outcomes – something that some scientists may not yet be able to understand how to perform.

Backster is confident in his work, despite the mixed critical reviews from the scientific community. He continued exploring the extent to which consciousness fills every living thing for the rest of his life. He called this force the “fundamental attunement between living things.” Recordings of his experiments are in his book, *Primary Perception: Biocommunication with Plants, Living Foods, and Human Cells*.

Plants may have an unspoken language that attuned humans can decipher, which could account for how one of the great mysteries of the Amazon came to be. The native tribes of the jungle claim that the plants “spoke” to them, giving instructions on how to create the psychedelic ceremonial brew, ayahuasca. The process is complex, combining only two out of an endless variety of jungle plants. This mixture allows shamans (and ordinary people) to enter into a transcendental experience.

PSYCHIC PETS

Many people report that their pets have a certain way of *knowing things*, making them seem psychic. Lost pets can find their way home across cities. Some animals comfort us when we are sad. One of the most extensive compilations of animal “psychic communication” research data comes from Dr. Rupert Sheldrake.

Before Sheldrake became a thought pioneer, author, and Ph.D. in biochemistry, he was a child who was fascinated by the natural world – especially animals. Rupert grew up with many pets from every branch of the animal kingdom. Although he studied at Cambridge and Harvard, he prominently notes that we have much to learn from animals.

Realizing that pets are the animals we know best, he saw an opportunity for discovery. Enlisting support from more than 2,000 pet owners, Sheldrake began to research the extra-perceptiveness of pets. Patterns emerged across unrelated cases.

“I am more interested in dogs than in dogmas. Obviously.”
- Rupert Sheldrake

One woman with a speaking parrot reports that her bird-friend responds aloud to thoughts she thinks while across the house! In a random survey of British & US households, around 50% of dog owners reported that their pet would wait by the door or window when a family member was returning home at an unexpected time.

Sheldrake’s fascinating experiments are in his book, *Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers of Animals.*

“The commonest kinds of seemingly telepathic response are the anticipation by dogs and cats of their owners coming home; the anticipation of owners going away; the anticipation of being fed; cats disappearing when their owners intend to take them to the vet; dogs knowing when their owners are planning to take them for a walk; and animals that get excited when their owner is on the telephone, even before the telephone is answered.” - Rupert Sheldrake

RESTRUCTURING WATER

The importance of drinking pure water is clear, but it may not be enough for water to simply be clean. Before indoor plumbing and bottled water, water came directly from natural sources like springs. Water experts notice that specific properties make “living” spring water different from the water coming from the tap. Now that we can see water through the microscope, we can compare the molecular structure of water from various sources.

Structured water, also known as magnetized or hexagonal water, is associated with water from natural, uncontaminated sources. This water is unique because of its hexagonally clustered structure. During transport, water structure can degrade. A few restructuring methods

are available for water that comes through society's means, making the health benefits associated with structured water available anywhere (although restructuring alone cannot help clean water containing chemicals and other contaminants.)

The body absorbs structured water more efficiently; therefore, it is more hydrating. Structured water seems to support all systems of the body holistically. People who consume structured water claim to experience various health benefits, including increased energy, better sleep, better immunity, slower aging, better skin quality, digestion, and more.

Water vortexing machines use magnets to spin water into a restructured state. Exposure to sunlight and the addition of water-safe crystals are also considered effective natural methods for water structuring. Evidence shows that applying subtle energy is another way to alter water structure.

A study conducted by L. N. Pyatnitsky shows the effects of subtle energy on pure water. Laser light passed through the water while a computer measured the scattering properties of the light. Before energy treatment, the laser light would pass through the water with minimal scattering.

A series of nearly 2,000 experiments ran with fifteen separate practitioners who sent subtle energy through water combined with the intention to structure it in a way that would scatter the laser light. Some were more effective at this than others, but a few among the group yielded startlingly powerful results – in some cases, the laser light even reflected backwards through the water.

"The ability of human consciousness to change the structure of water is indicated by experiments utilizing light scattering indicatrix recordings. Alternations of scattered light intensity with an operator's intention can exceed factors of 10 to 1000 the statistical variances

observed before or after the operator interaction. Such efforts have been demonstrated by several operators and appear to be operator-specific, although enhanceable by training." - L. N. Pyatnitsky

Qigong healers also charge water and share it with patients as a treatment method known as "message water." Under lab examination, it displays an altered UV absorption spectrum, another result indicating that subtle energy molecularly affects the properties of water.

Another experiment by R. N. Miller observed the effect of surface tension when water received subtle energy healing. All 24 participants produced a reduction in surface tension – up to as much as 20%. The decreased surface tension of structured water penetrates the body's cell walls more efficiently for deeper hydration.

Proper hydration is a crucial indicator of excellent health in any individual. Additionally, the theory is again that because subtle energy does affect water, when energy healing occurs in the body, it is partially due to the restructuring effects this energy has on the water's molecular bonds.

POWER IN POLARITY

"Combine the heavenly with the earthly in accordance with the Laws of Nature, and health and happiness shall be yours as long as you live." – from the Tabula Smaragdina

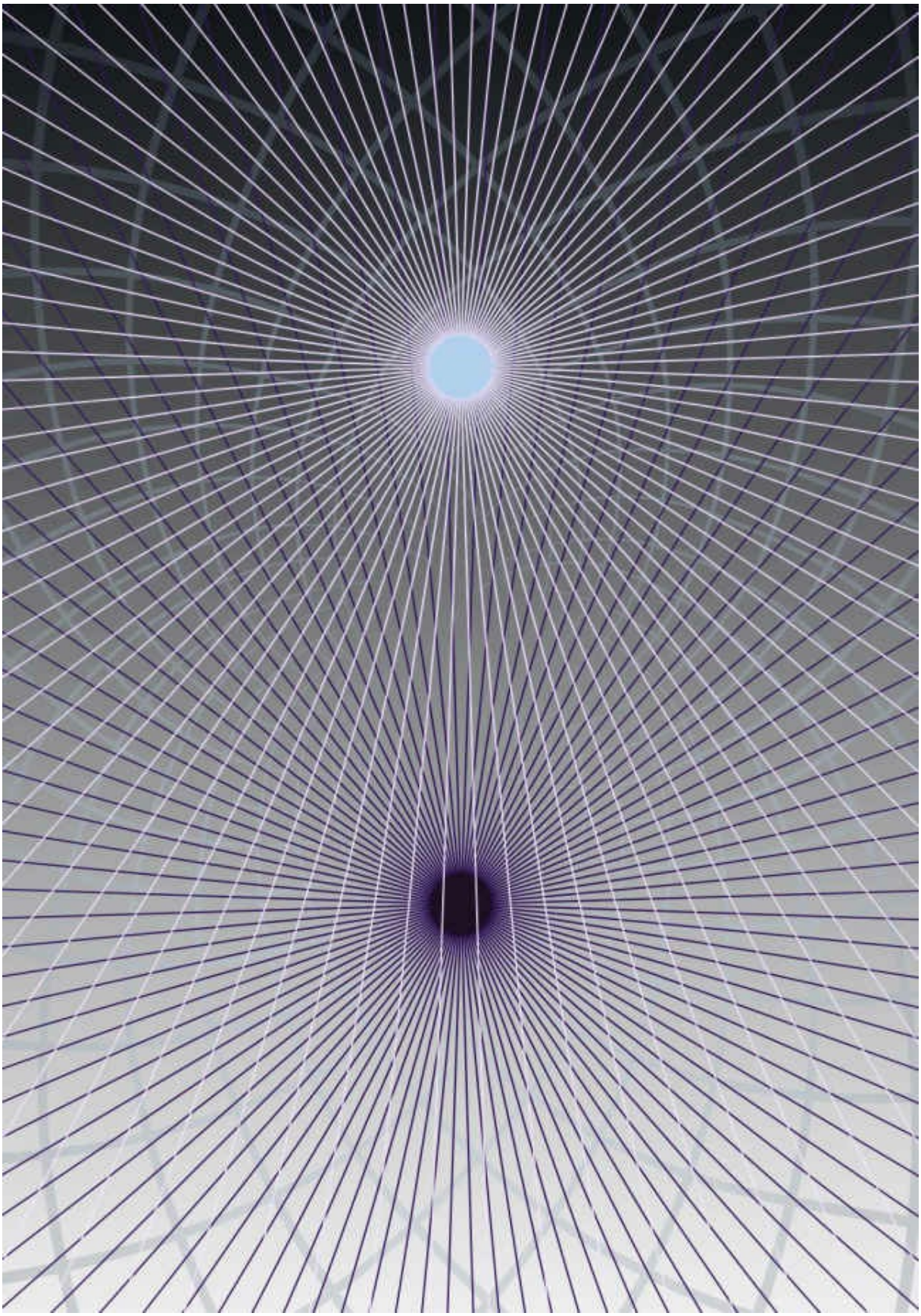
Humanity recently became semi-proficient in harnessing natural forces for energy. Current technology focuses on explosions to move our vehicles, light our houses, and run the modern world. Currently, heat-based technologies of steam, gas pressure and atomic fission fulfill most of our energy needs.

The focus on mastering heat-based energy overlooks the potential for

another viable energy form. There is a proposed equal-opposite force to explosion; implosion. Viktor Schauberger, an Austrian naturalist, scientist, inventor, author, and researcher, noticed this oversight and initiated work to discover the promise that implosion power might hold for future technology.

“Kapieren und kopieren,” or “comprehend and copy nature,” is Viktor’s motto, the method by which he gained his inspiration. He spent his time in the forest, making significant contributions to the timber industry by improving the efficiency of log flumes through direct observations of the behaviors of rivers. His deep understanding of water earned him the nickname “Water Wizard.”

Schauberger notes that interactions of opposites often lead to a spiraling interchange between extremes. For example, when a cold front of weather meets hot air currents, they spiral into form a hurricane or tornado. All things move between their extremes of opposites or di-polarity towards greater perfection or destruction.



Explosion vs. Implosion

Schauberger observes that if a movement's force is centrifugal or spiraling outwards, it tends towards destruction. According to his work, centrifugation leads to friction, which leads to heat and an increase in *gravity*. If the spin concentrates inwardly, it is centripetal. Therefore, centripetence, the opposing force, would lead to cooling, a lack of friction, and *levity*.

An example in nature is the flow of hot lava deep under the earth's crust, where gravity continually intensifies towards the planet's center. However, when water vapor cools, it rises into the atmosphere and floats, essentially levitating over us in the form of puffy clouds. Water evaporates upward in curling spirals, and the earth's crust whirls away, melting down into the lava.

Viktor designed a suction spiral known as the "Home Power Generator" to attempt to harness this principle and create a free-energy device. By sending either air or water through a coiled channel. A biological vacuum of negative pressure creates pressure by drawing the air or water nearly frictionlessly through the coil towards a central point. The result produces a drop in temperature, creating suction and implosion.

Potential for Sustainable, Clean Energy

As civilization advances, we are ever on the lookout for clean, efficient energy sources. Schauberger's generator method uses the ever-abundant elements of water and air, leaving them as pure as before. Using suction instead of pressure could revolutionize energy.

Implosion energy would be significantly cleaner than many of today's leading energy options. It would also lend itself to greater longevity for the equipment used to generate it. Friction and heat can tax materials,

leading machinery to break down more quickly and cause waste.

Just as we preserve the body's fuel – food – by keeping it in the freezer, we destroy its molecular bonds by cooking it. The same applies to mechanical power. Schauberger considers relying on combustion engines to be a huge mistake. He believes that the world's resources are to be protected and that we are using them up at a high cost, both economically and ecologically. (Consider he lived from 1885 -to 1958, imagine what he would think of the world today!)

Suppose we were to choose to develop implosion technology or cooling power. We might be able to stabilize our dependence on fossil and nuclear power and reach a new renaissance of clean, sustainable energy. Schauberger states that overcoming gravity through implosion technology would lead to levitation. Recent mainstream media news reports reveal military videos that appear to show UFOs. Someone in the cosmos, maybe even from our planet, has mastered levitation technology.

Could levitation and perfectly clean, universally accessible energy become a reality? Viktor worked on several devices to manifest this vision. His life's work included the development of the suction spiral, a warmth-cold machine developed for energy technology giant Siemens, the Repulsine, Klimator, and Spiral Plow. Functioning free energy and levitation devices would end many of the major industries the global economy is based on today and completely revolutionize the world as we know it.

Schauberger's work ended in 1958 after traveling to Texas to meet with Americans interested in his work. Unfortunately, there was a dispute at the meeting. They forced Viktor to sign an agreement to prevent him from further researching implosion, leaving all documented construction plans for equipment behind. Oddly enough, he died only five days after returning to Vienna. Whoever now holds the plans Viktor developed is a mystery. Those who robbed him of his

life’s work may have continued the research in secret.

GEOLOGICAL ENERGY

If humans and animals have subtle energy systems, what about the planet that sustains us? Civilization’s ancestral roots revere certain mountains, rivers, and other natural sites for being imbued with “spiritual power.” Geological energy veins and vortexes are making their way back into modern consciousness.

In China, geo-energy lines are *Dragon Lines*, while South Americans call them *Spirit Lines*. In the West, they are *Ley Lines*. They are the planet’s energetic meridians. The effect of these power places is evident through interactions with human health, consciousness, and the location of sacred sites.

Some claim that Earth has a chakra system that follows a double helix-shaped path through continents and oceans. These points correspond with physical markers such as Mt. Shasta, Glastonbury, Mt. Kailash, and Uluru. Today, these places are key pilgrimage points where people claim to witness UFOs, hyperdimensional beings, and go on vision quests to discover spiritual truths.

Alfred Watkins, a British mystic and amateur archeologist from the 1920s, noticed how local sacred sites connect on the map when drawing a straight line. The logical purpose might be that the shortest distance between two points is a straight line. However, when we consider the history and lore from cultures worldwide, they expose a deeper belief pattern about the purpose behind the grids.

Ancient cultures were aware of energy lines, as reflected in the stunning temples and monuments that still stand today. By detecting natural sources of Earth’s energy, they super-charged their structures and altars with the power of subtle energy. Shapes have power. Building pyramids and other sacred motifs like domes and spires,

while aligning them with constellations and celestial events exhibits knowledge of how subtle energy works.

Several distinct and thought-to-be-disconnected cultures share an aspect of town planning. There is a common core in Native American, Chinese, South American, Irish, and Korean traditions; that spirits can only travel in a straight line. Therefore, some of these cultures paid keen attention to making winding pathways out of graveyards and creating curves in town roads. Roads, and other earthworks such as the Nazca Lines, are a way to create intentional Ley Lines.

Today, professional dowsers help determine the land's energy surrounding where a building may be built or already exists. One report shares the account of workers in a council building who were suffering higher than average instances of illnesses. A consultation from a professional dowser revealed that the building sat on negative Ley Lines, also known as black lines, which are said to drain a person's energy.

Black lines are unusual in that addition to lines; they can also show up in curves and localized areas. This energy corresponds with Wilhelm Reich's proposed negative orgone energy, or deadly "sha," in Feng Shui. If many typically healthy people begin to all experience health issues after spending time together in a concentrated space, consider that it may be due to the presence of this type of energy.

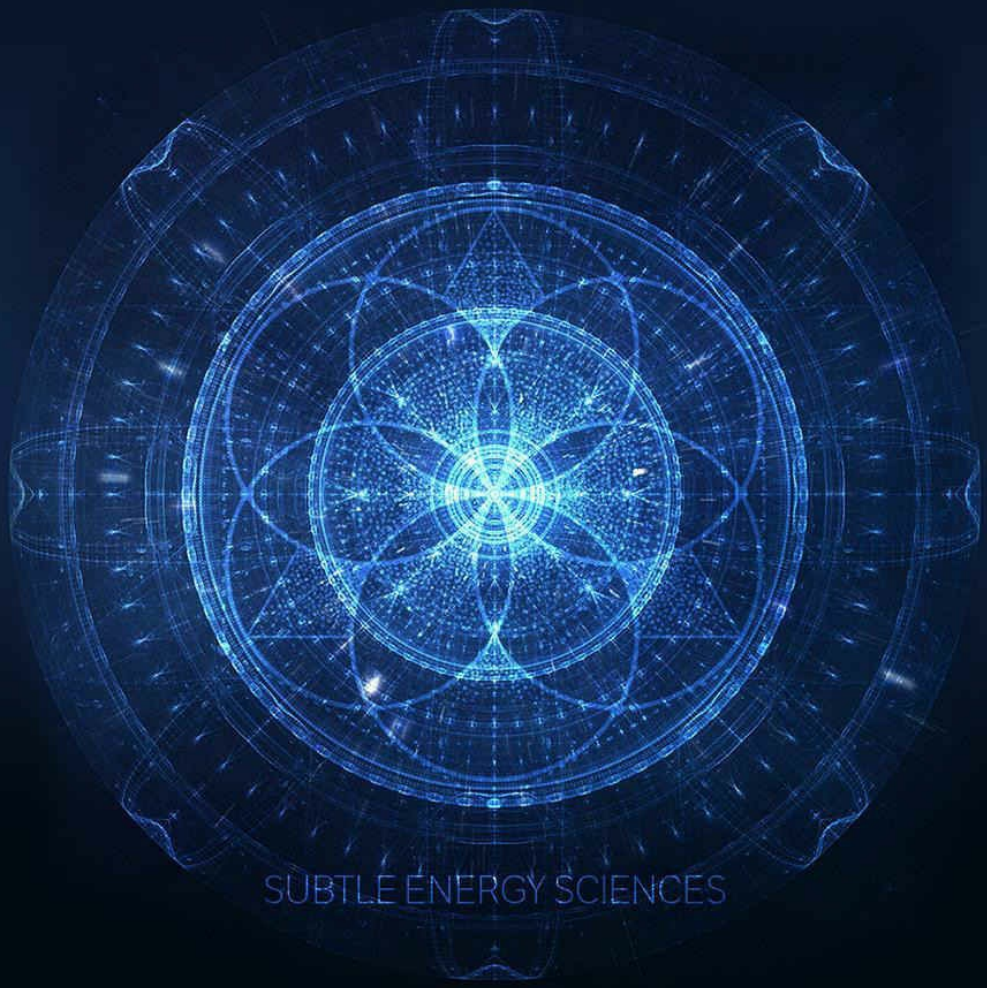
Further insight into this phenomenon comes from Dr. Ernst Hartmann, a German medical doctor who began studying Ley Lines after World War II. His discovery is known as the Hartmann Net, a series of energetically charged lines that run North to South and East to West. These lines carry either a positive or negative charge, and where they cross, they double in power leading to double-positive or double-negative energies.

The negative energy of these lines runs North-South and corresponds

with yin energy; cold, slow, cramping, related to winter, and pain in the joints. The East-West lines correspond to the hot energy of yang and carry a rapid, dry, fiery energy that leads to inflammation. When these lines cross, they intensify and produce new dynamics.

Similarly, German author Manfred Curry describes energy lines that run East to West called Curry Lines. The power is strong enough to penetrate buildings and radiate upwards from the ground like energetic walls. Both of these men believe that through alignment with these lines, one can become charged with the subtle energy that radiates from them.

PART 4



SUBTLE ENERGY IN THE WEST

PART 4 SUBTLE ENERGY IN THE WEST

Who knows how long the Druids of Northern Europe have harnessed the flowing energies of nature? From its folk roots, aether (also written ether) elevated to Western secular status for the first time through Greek philosophical circles. Alchemists attempted to channel this force through the earliest chemistry attempts, referring to it as quintessence.

ISAAC NEWTON 1643 - 1727

The early contemplation of universal laws held aether as an integral part. Isaac Newton's discoveries, including the laws of motion, universal gravitation, and light composition, are the foundation of modern physics. Looking into his writings, his preoccupation with aether becomes apparent.

"Writers on mechanics have often unduly neglected the theories of the ether given in Newton's optical papers, and writers on optics have often overlooked the mechanical significance - which was continually emphasized by Newton himself - of theories of the ether." - Philip E. B. Jourdain, Oxford University Press

In a letter to Robert Boyle (28 Feb 1678/9), *H. W. Turnbull (ed.), The Correspondence of Isaac Newton, 1676-1687 (1960), Vol. 2, 289*, Newton says,

"1. And first I suppose that there is diffused through all places an aethereal substance capable of contraction & dilatation, strongly elastick, & in a word, much like air in all respects, but far more subtile.

2. I suppose this aether pervades all gross bodies, but yet so as to stand rarer in their pores than in free spaces, & so much ye rarer as their pores are less …

3. I suppose ye rarer aether within bodies & ye denser without them, not to be terminated in a mathematical superficies, but to grow gradually into one another.”

Aether was synonymous with physics during its early development. Why did science begin to exclude it? It became a “taboo” topic for some time, only to recently re-emerge under more sleek “sciencey-sounding” names (which we will explore later.)

BARON KARL VON REICHENBACH 1788 - 1869

Born in 1788, German scientist Baron Dr. Karl Ludwig Freiherr von Reichenbach had an impressive name and an equally impressive mind. After earning his doctorate in philosophy, he pioneered chemistry, manufacturing, metallurgy, and geology innovations. His contributions to industrial chemical extraction and refinement (including the paraffin wax used for candles) landed him the title of self-made baron.

The enormous wealth from his early work fueled research into a new fascination. He discovered a luminous form of energy not yet identified by the Western world. This line of interest earned him social status as an outcast. But, having made his fortune, he felt no need to maintain a reputation.

The crown jewel of von Reichenbach’s work would become his investigations into what he deemed the all-pervasive “Odic Force’’ (also written Od, Odes, Odyllic, Odems). Named after the Norse god of heaven, Odin, the Baron first noticed this subtle energy when researching the human nervous system. He felt determined to help those suffering from somnambulism (sleepwalking), night terrors, and emotional hysteria.

The Darkside of the Moon

By observing sleepwalking patients in their homes and at his private estate, he noticed that something would cause muscles to cramp, twitch, or go into paralysis before an incident would begin. He figured this may be due to “neuro-sensitivity,” leading him to a new classification of humans he called “sensitives.”

Sensitives can experience heightened feelings for extended periods beyond what a “non-sensitive” person can. After ruling out a wide range of potential triggers, including psychological factors, ecological allergens, and electrostatic energy, von Reichenbach turned his focus toward the fluctuations of the Earth’s magnetic field as a possible aggravator of sensitive nervous systems.

Handheld bar-magnets had proven to affect the expression of symptoms in sensitives. Still, there was no direct correlation between the fluctuations of the regional magnetic fields and somnambular and hysterical episodes.

What force could bar-magnets have that was not present in the larger magnetic fields of the earth?

In his time, doctors could not help these individuals whose villages feared they were under “demonic possession.” Suspecting something yet-to-be-discovered, von Reichenbach gathered hundreds of accounts of this condition. A pattern emerged, demonstrating a correlation between these behavioral episodes and the lunar cycle.

The only avenue left to explore was the universal correlation between these episodes and the moon. Although it seemed superstitious, the presence of the full moon’s light was the only constant among the most extreme spells of sleepwalking. With no other options, von Reichenbach decided to conduct a study under the full moon.

Patients who slept in dark, light-sealed rooms experienced alleviation of symptoms, while exposure to any amount of moonlight caused

discomfort and irritation. Symptoms would intensify if moonlight was amplified through glass prisms or metal plate held in the light.

Thousands of repeated cases confirmed this phenomenon - and the implications are profound. Something within the moonlight transmits through metal, like electricity, but in a more subtle way. Attempts to measure the electrical charge failed, so the force is not electrostatic. There is energy radiating from the moon conducted by the light rays but is not the light itself.

A “New” Form of Energy

Reichenbach thought this was the discovery of a new force that seemed connected to, yet separate from, electricity, magnetism, light, and heat. He claims that this force radiates from many substances and can have varying degrees of influence on people.

In another set of studies beginning in Vienna in April of 1844, sensitives sat in a dark room for hours and then observed magnets. Independent of one another, more than 100 tests affirmed the same result. Light, smoke, sparkles, and flame-like energy exuded from the magnet’s poles. This force also exudes from plants, animals, and humans under the same conditions.

Color variations reportedly exist depending on the polar charge of the energy. Positive od (+O) is said to have a reddish-orange hue. Negative od (-O) is the same blue color described in Wilhelm Reich’s research. Von Reichenbach stated, however, that this force is not generated by living things themselves. While it concentrates in crystals and magnets, it flows eternally around the Earth, traveling throughout the cosmos through the light streams of the sun, moon, and stars.

In the early 1800s, Reichenbach recruited people with psychic sensitivities to explore the realm of subtle energy in a scientifically

definitive way. This self-made baron produced one of the most extensive bodies of clairvoyant research in the Western world. There was not much tolerance for this type of material, which caused his archive of energetic studies to remain in obscurity until recently.

NILOKA TESLA 1856 - 1943

Nikola Tesla started inventing machines in childhood. He grew up to create motors, electronic transformers, and an induction coil which is central to radio and television technology. The existence of the electrical grid, remote controls, and wifi all directly link to Tesla's work.

He immigrated from Serbia to the United States in 1884, where he began work with Thomas Edison. Creative differences led them to go separate ways, and Tesla established his laboratory. Tesla proved that Earth could be a conductor through his work when he discovered terrestrial stationary waves. He also uncovered the rotating magnetic field, which is the basis for most alternating-current technologies.

As he created new inventions, he offered public demonstrations. His remote-control technologies must have seemed like magic to the people in his audiences. His contemporaries considered him both a genius and an eccentric. While working in Colorado, he felt he received signals from another planet. He thinks extraterrestrial communication should be possible, perhaps based on the interconnecting energy that binds all things. In his article *What is Electricity*, in the *Literary Digest of July 18th, 1891*, he says:

"We are whirling through endless space, with an inconceivable speed, all around everything is spinning, everything is moving, everywhere there is energy. There must be some way of availing ourselves of this energy more directly. Then, with the light obtained from the medium, with the power derived from it, with every form of energy obtained without effort, from the store forever inexhaustible, humanity will advance with giant strides."

This same paper distinguishes electricity from the ether while also implying a causal relationship. He further writes;

“But of all the views of nature, the one which assumes one matter and one force, and a perfect uniformity throughout, is the most scientific and the most likely to be true. An infinitesimal world, with the molecules and their atoms spinning and moving in orbits in much the same manner as celestial bodies, carrying with them ether, which is probably spinning with them - in other words, carrying with them static charges - seems to my mind the most probable view; one which in a plausible manner accounts for most of the phenomena observed. The spinning of the molecules and their ether sets up ether tensions or electrostatic strains; the equalization of ether tensions sets up ether motions or electric currents, and the orbital movements produce the effects of electro and permanent magnetism.”

Again, here is one of the greatest minds of all time theorizing about subtle energy. Some modern scholars interpret Tesla’s work as inspiration for free-energy possibilities. As he says, if power is everywhere, there must be more ways of interacting with and harnessing it that have yet to reach our awareness – as was once the case with electricity.

RUDOLF STEINER 1861 - 1925

Rudolf Steiner is a renowned teacher, speaker, and mystic. Born in 1861 on the border of Austria and Hungary, he became aware of super-sensible abilities to see beyond the material world around the age of seven. Embracing these abilities, he cultivated them throughout his life.

After earning his doctorate from Rostock University in Vienna in 1891, he became a thought-leader in the Theosophical Movement - which spanned India, Europe, and North America in the early 1900s. Eventually, he branched out of that community to form teachings

under the label Anthroposophy, combining the Greek words for man, *Anthropos*, and wisdom, *Sophia*. He established a center for the Anthroposophical Society in Switzerland, where he continued to explore and teach “the science of the spirit.”

He established the Waldorf School (named after its first location, which served the children of the Waldorf-Astoria cigarette factory in Stuttgart, Germany) during the last five years of his life. There are hundreds of sites worldwide today. These schools operate on the holistic approaches Steiner outlined in his other works.

In addition to learning centers, Steiner also pioneered other systems for an energetically-integrated lifestyle. One of these systems is an art form called Eurythmy, a form of expression that combines dance and poetry. He even extended his knowledge to the practice of sustainable agriculture through biodynamic gardening, which works in harmony with Earth’s natural energetic systems.

“He who has seen for himself these spiritual realities will understand the great significance of each outward and visible act. […] One should participate in the things of the spirit in order to carry one’s revelations into the world of the senses. Man transforms the earth by implanting in it that which he has discovered in the spiritual world, and that is his task.”
- Rudolf Steiner

He advocates cultivating a relationship between one’s dream life and waking life to connect with the etheric realm. Steiner’s prolific writing shares interpretations of energetic phenomena such as auras, chakras, kundalini, clairvoyance, the Akashic Records, and past lives.

LILI KOLISKO 1889 - 1976

To what extent do the planets in our solar system affect life on earth? Some compare the planets’ orbit to the rotation of electrons in an

atom. Our local planetary neighborhood suddenly seems small on the scale of the infinitely large universe. The global effects of the sun's life-giving light and the high and low tides pulled by the moon are evident in daily life.

If these heavenly bodies influence our planet, maybe the other orbs in our galaxy also affect us. Astrologers have said this for thousands of years, but the idea has yet to gain traction in modern scientific circles. However, Lili Kolisko, a contemporary of Rudolf Steiner, decided to experiment with some of the claims made by astrology.

Astrology states that the different planets in the solar system and the sun and moon have "rulership" or correspondence with metals on earth. The traditional rulership of metals and their attributed planets* are as follows;

Sun = Gold

Moon = Silver

Mercury = Mercury

Venus = Copper

Mars = Iron

Jupiter = Tin

Saturn = Lead

* Please note that these attributions existed before the discovery of Neptune, Uranus, and Pluto (which current astrologers still include as a planet) became known.

"So long as substances are in a solid-state, they are subject to the forces of the earth, but as soon as they enter the liquid state,

planetary forces come into play." – Rudolf Steiner

Kolisko thought that different astronomical events might alter the behavior of these metals in correspondence with the alleged traits of the planets. Throughout the 1920s to 70s, she experimented by dissolving metallic salts and allowing them to recrystallize through filter paper. She observed this process before, during, and after specific astrological influences, including eclipses, oppositions, and conjunctions.

Her test results confirm the proposed planetary influences on the chemistry of the Earth. One of the most notable results occurred when crystallization was either significantly delayed or did not occur during the direct alignment between the Sun, Moon, and Saturn. These test results align with Saturn's alleged influence, which is said to cause blockages, limitations, and delays.

Several scientists claim to have successfully repeated her experiments. A few of these researchers from around the world include Michael Drummond, author of *Cosmological Influences in Chemistry*, and Karl Voss, who published *Confirmation of the Kolisko Experiments*. Read more in Kolisko's books which summarize her methods and findings; *Working of the Stars in Earthly Substance, Spirit in Matter, & The Solar Eclipse*.

WILHELM REICH 1897 - 1957

In the 1930s, Wilhelm Reich was an average scientist doing his daily laboratory work. While experimenting with intensely heated beach sand, he accidentally stumbled upon what he considered a new form of energy. It seemed similar to radiation but was not. It paralyzed and killed cancer cells and caused the metal in his lab to become magnetized.

He gathered samples of material charged with this energy and went to

the basement to photograph them in darkness to see if he could detect any radioactivity. While in a sealed room, in complete darkness, he noticed there was a gray-blue light filling the space:

“I saw fog-like vapors, streaks of blue light, and dots darting about. Light of a deep violet color seemed to come from the walls and objects around the room […]. When I closed my eyes, the blue light impressions continued. That was disconcerting. I did not know at this point that orgone energy radiation irritates the optic nerves in a particular way and generates after-images.” – Wilhelm Reich

Reich brought others to the basement without informing them of what he saw to confirm this phenomenon. Reich found it best to allow the eyes to adjust to the darkness for at least a half-hour. Independently, they reported seeing the same quality of energy, ensuring that there was a visible energetic phenomenon occurring. Using a magnifying glass to enlarge his view of the subtle light, he noticed the energy had an expanding and contracting quality – sometimes moving in spiral patterns.

He may not have realized that what he and his contemporaries witnessed was the same force that yogis and qigong practitioners channel in their sessions. Wilhelm figured he was the first to discover this energy and named it orgone. It seems he was unaware of the large, obscure body of research performed by another German scientist [Reichenbach] that developed over a century before Reich’s birth.

Cloudbusters

Throughout his time researching the effects of subtle energy, Reich invented multiple devices to harness its power. One of these inventions is known as the cloudbuster. When Reich initially built it to channel excess energy out of his lab, it started affecting the surrounding atmosphere. If subtle energy impacts the health of water-

based plants, animals, and humans - it might also influence the weather.

Reich suspects that orgone impacts climate through interaction with moisture levels in the air. Theoretically, subtle energy in the atmosphere influences cloud formation. When clouds form, they rely on the surface tension of water droplets to make them stable and resistant to evaporation. As seen in the previous chapter, multiple points of evidence indicate that subtle energy directly influences water's molecular structure. Because of this, concentrations of subtle energy, or the lack thereof, likely play a vital role in our planet's weather patterns.

"Positive results in ending severe droughts and wildfires, within a few weeks or even days, and returning natural cycles of rainfall, have been observed in field experiments undertaken in the USA and overseas, over many years." - Dr. James DeMeo

Like a vacuum, the cloudbuster works by channeling subtle orgone energy into it. When pointed at a sky full of clouds, the energy charge holding together the surface tension of the water in the cloud dissipates, causing the cloud to evaporate. No surface tension, no clouds – hence, the cloud is busted. Depending on the configuration, this process can also work in reverse and cause more clouds to form.

The device consists of hollow metal tubes set on a gun mount pointed to the sky and must connect through a grounding rod to a living water source. An active well or other flowing water source is needed for the cloudbuster to work. Stagnant water will not conduct the proper energy flow.

Reich labels living groundwater as having higher orgone potential (OP). The negentropic nature of the orgone will cause the cloud's water to flow through the cloudbuster, attracted to the more powerful source of water within the ground. Witnesses of these devices report

that a distinct change in the atmosphere occurs. A breeze begins to blow within a few minutes of the process.

James DeMeo investigated Reich's work in the 70s. He first used an *orgone chamber*, a box designed to accumulate subtle energy. He observed the impact of various levels of orgone on evaporated water. At higher concentrations of orgone, water evaporation slows.

Additionally, DeMeo carried out a successful 2-year study on the cloudbuster at the University of Kansas Geography-Meteorology Department, which he summarizes here:

"I studied the influence of the device upon the dynamics of cumulus clouds, making photographs which were then digitized and graphed on a computer, and also 12 different experiments to increase rains. The study incorporated weather data for the entire state of Kansas. The device was operated for only a few hours on the test days and produced dramatic increases in the percentage of cloud cover and measured precipitation over the entire state, usually starting within an hour or two after the onset of operations." Cloudbusting technology could be a form of atmospheric acupuncture. Chronic drought regions such as deserts might be areas where the natural pulse of rain-dry-rain-dry has ceased to function. If this is the case, subtle energy could help balance the world's climate.

NIKOLAI ALEKSANDROVICH KOZYREV 1908 - 1983

On Nikolai Kozyrev, Eric W. Thompson writes:

The subtle energetic phenomenon of 'torsion' has been theorized to be the hidden 'fifth force' of physics that gives rise to the existence of the other known forces. Distinguished Russian astrophysicist Dr. Nikolai A. Kozyrev stated that such a powerful resource needed to exist. His later research on torsion fields is still the subject of controversy.

His research in torsion science and that of numerous Russian scientists afterward has been obscured in part by the secrecy of the former Soviet Union. The falling of the Iron Curtain allowed his research to be discovered and replicated by Western researchers.

An Undetected Sea of Energy

Current scientific theories advocating the existence of “dark matter,” “dark energy,” “zero-point energy,” and “energy from the vacuum” have dragged unwilling Western researchers to the recognition of undetected energy that exists throughout the universe. While these same scientists deplore terms like “aether,” they’ll often freely use a term like “quantum field,” which is just another word for the aether.

One very early instance of evidence for the presence of the aether and aetheric energy originates from the reputable physicist Dr. Hal Puthoff. He regularly points out experiments from the very early 20th century, performed before quantum mechanics, that attempted to see if there is any type of power in the “void” of space.

It was required to produce a location without air (a vacuum) and lead-shielded from all recognized electromagnetic radiation using a Faraday cage. This vacuum cooled to absolute zero or -273 ° C, the temperature level where all motion should cease entirely.

Dr. Puthoff has called this a “seething cauldron” of power. Astonished that this power might still be discovered at absolute zero, this energetic phenomenon was called “zero-point power” or ZPE. Whereas Russian researchers generally call it the “physical vacuum” or PV.

These experiments showed an incredible amount of non-electromagnetic energy in the ever-present void of space, contrary to the idea that the vacuum was empty.

Mainstream physicists Dr. John Wheeler and Dr. Richard Feynman estimated that the quantity of quantum vacuum energy in the area of a solitary light bulb is sufficient to boil all the oceans of the world.

It is theorized that this hidden energy source is the unseen power that holds all matter together. If this is the case, there is an immense sea of energy from which all existence springs and returns. This would, in fact, be the very source of electromagnetism, gravity, and the strong & weak nuclear forces.

After conducting a careful study in 1891, Nikola Tesla stated that the aether “behaves as a fluid to solid bodies, and as a solid to light and heat.” Tesla hints that free energy and anti-gravity applications are accessible through “sufficiently high voltage and frequency.”

Tesla’s claim that the aether (i.e., torsion) behaves like a fluid to solid objects was later verified by Kozyrev’s research. And in fact, many of the world’s wisdom traditions have echoed this idea that the subtle energetic substance from which all things are derived behaves like water.

Cross-cultural creation stories feature water as the birthing source of all creation. For example, the Tao te Ching’s proclamation of the “watercourse way,” the perennial tradition, consistently alludes to water as a metaphor for the workings of this hidden energy we refer to as “torsion” or the aether.

Dr. Nikolai Kozyrev began research into subtle physics in late 1951 with the very first of 33 years of unorthodox yet scientifically-sound experiments. He became aware of the spiraling patterns of nature while serving in a Russian labor camp as a prisoner of war. After experimentation and many hours of continuous contemplation, Kozyrev realized that this spiraling energy comprised the subtlest body behind the phenomenon known as “time.”

When referring to time, Kozyrev pointed toward an energetic causal framework behind the phenomenon of time itself. Some dismiss Kozyrev's findings on the nature of time, referencing ancient wisdom traditions where time is nothing more than a mirage of the mind.

From this perspective, the only thing that exists is the present moment. If we think of the past, we do so in the present moment. Likewise, if we contemplate the future, we do so only in the present moment. In a letter to friend and physicist Michele Besso, Albert Einstein echoed this sentiment when he wrote, "For us convinced physicists the distinction between the past, the present, and the future is only an illusion, albeit a persistent one."

This line of reasoning dismisses Kozyrev's discoveries regarding the subtle energetic mysteries of time. Kozyrev's findings do not contradict the nondual wisdom traditions, though they may appear to do so. A simple way to demonstrate this is to reference the Buddhist teaching on the nonexistence of the self. Although the self is said not to exist as an independently existing entity, it has a relative body.

This nonexistent self has multiple bodies, differing in gradation of energy and utility. These bodies tend to change over time and correlate with personal experience precisely because they exist relatively and not absolutely. Behind all these bodies is a Body that never changes because it arises from the source of everything.

The same could be true of time. Although it does not exist as an independently existing entity, it nevertheless has a relative existence extending to the subtle and physical levels, contributing as it does to the process of birth, life, death, and renewal in this world of duality and illusion. However, there is said to be a supramental experience, beyond space and time, in which time ceases to exist. Therefore, Kozyrev's discoveries complement rather than contradict the nondual wisdom teachings.

Kozyrev came to see that the process of time in nature consisted of a subtle energetic spiraling motion, a pattern mirrored throughout nature as the spiraling energy of weather patterns, water flow patterns, solar systems, and spiral galaxies, among many other phenomena in nature.

The Russian Humanitarian Foundation and Moscow State University continued Kozyrev's work on studying time, which they have now branded as temporology, the science of time. On the nature of time, they have said that it is "the mechanism [that brings about] appearing changes and newness in the world. Understanding the 'nature' of time is to point to a process, a phenomenon, a 'carrier' in the material world whose properties could be identified or corresponded with those of time."

Kozyrev saw this spiraling motion at a causal level of the blowing wind behind the movement of the planets. Life in this world was the result of the flow of time itself. Some of the modern Russian scientists who have continued Kozyrev's research have agreed that, had Kozyrev substituted the terms "physical vacuum" or "aether" for "time," he would not have been as misunderstood as he was.

THE TABOO

Why did subtle energy disappear from the contemporary science conversation? Some blame Einstein. When he uncovered the revolutionary Theory of Relativity, the equation did not mention etheric forces. Therefore, it became unfashionable to give any credibility to the existence of an "aether."

As Nobel Prize-winning physicist Leon M. Lederman puts it;

"The aether: Invented by Isaac Newton, reinvented by James Clerk Maxwell. This is the stuff that fills up the "empty" space of the universe. Discredited and discarded by Einstein, the aether is now

making a Nixonian comeback. It's the vacuum but burdened by theoretical, ghostly particles."

Exploring the taboo as it stands today, especially regarding psi (psychic) research, is perhaps explained best by Dean Radin, Ph.D. Dean held appointments at Princeton before becoming the Chief Scientist at the Institute of Noetic Sciences or IONS. As a side note, Apollo astronaut Dr. Edgar Mitchell founded IONS after he had a mystic experience on the way back from the moon:

"I realized that the story of ourselves as told by science—our cosmology, our religion—was incomplete and likely flawed. I recognized that the Newtonian idea of separate, independent, discrete things in the universe wasn't a fully accurate description. What was needed was a new story of who we are and what we are capable of becoming."
- Dr. Edgar Mitchell

Radin is a highly qualified researcher who has written books and over 100 academic articles. His research is in journals, including *Foundations of Physics*, *Physics Essays*, *Psychology of Consciousness, Psychological Bulletin*, & *Frontiers in Human Neuroscience.*

Radin has given talks for the US Navy, Army, DARPA, Merck, Johnson & Johnson, and Google. In his 2008 Google Tech Talk, "Science and the Taboo of Psi," he points out;

Taboos in science restrict inquiry and acceptable ideas and are constrained by an "informed consensus." These pre-conceived beliefs influence the accuracy of reports, which continues to sustain the taboo. For example, skeptics label psychic events as coincidence, delusions, wishful thinking, personal bias, or outright fraud.

Despite this, it remains a compelling topic in mass media. People

often publicly claim that psi is “superstitious nonsense” while privately thinking it is a reality. He further notes that mainstream news reports often highlight unsuccessful tests while ignoring psi tests with affirmative results.

When looking at these types of studies, he points out:

1. In any activity, human performance varies, even with professional athletes.

2. Experimental results vary, even with popular pharmaceuticals.

3. Small effects are still real effects.

4. Many experiences are not psychic due to selective memory, misinterpretation, embellishment, mental illness, or coincidence.

Still, he says a percentage of accuracy within these reports makes them viable. Radin cites Rupert Sheldrake’s experiments with “telephone telepathy,” where someone will think of a person randomly, only to receive a call from them soon after or have unknowingly missed a call earlier. He cites several other statistically significant tests done on telepathy that span from 1985 to 2001.

Researchers performed eight replica studies of these (Ganzfeild) tests for *The Humanistic Psychologist Journal*. They achieved a 32% hit rate. The journal states these tests are “…precariously close to demonstrating humans do have psychic powers.” They performed the study a ninth time using a new method - and achieved their first failure.

Because they had *one* negative test out of *nine*, they retracted the statement that there is a possibility of human telepathic capacity. Radin thinks that this outcome indicates the taboo at play. Unbothered by the social perception of his peers, he designs and conducts his own research at IONS.

For example, in a series of studies involving thirteen couples, two volunteers sat in different rooms while connected to EEG machines. Person B would think of Person A while watching person A's photo flashing on a screen at random times. This caused a predictable rise in Person B's brain activity. The strange thing is that Person A's brain activity registered increased brain activity simultaneously – despite being isolated in a dark room.

Radin argues that psychic phenomena are not extraordinary, as there are countless examples throughout culture, history, and education. He cites that empirical evidence has grown over 130 years of research. Also, the idea of non-local phenomena is compatible with what we are discovering in quantum physics. He proposes a new framework of understanding needs to arise for us to see the connections between isolated cases. Once they come together in a more holistic picture, the taboo should automatically disappear.

CONTEMPORARY SCIENCE

"All truth passes through three stages: First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident."
- Arthur Schopenhauer

CLAUDE SWANSON'S SYNCHRONIZED UNIVERSE

Dr. Claude Swanson offers critical research into the field of subtle energy. He earned his undergraduate degree from M.I.T., did postgraduate work at Cornell, and eventually earned a doctorate in physics from Princeton. His skeptical yet open mind wanted to know everything - even if it meant breaking the current taboo of investigating the paranormal.

Ultimately, Swanson was not satisfied with the sterile, superficial presentation of traditional scientific models, searching into the fields of ancient cultures and psychic phenomena. For more than 20 years, he

focused on what some consider unconventional physics in pursuit of discovering the “Theory of Everything.”

“I want to understand how the universe works.” – Claude Swanson

In Dr. Swanson’s book, *The Synchronized Universe*, he notes the giants of science’s history, such as Faraday, Maxwell, & Newton, knew that the paranormal was real. He states,

“I knew that if I excluded something real, my theory could never be correct. Likewise, if I were duped to believe in a phenomenon that was fake and included it in the theory, this would also make the theory wrong. So I had a lot of incentive to find the truth: to have neither a closed mind nor a hole in my head.”

Because of his high-level education, training, and experience with applied physics, Claude offers a holistic and credible perspective on the science of life-force energy. Being at the top of his field has given him access to advanced technologies. Intuitive people have long been able to sense and even see the energetic aura surrounding a person, but sensing an aura is not the same as understanding what an aura is.

Claude’s research led him to study the physics of the aura, to learn how it connects with the body and influences us right down to our DNA. Swanson additionally researches the possibilities of human consciousness, including remote viewing, reincarnation, out-of-body experiences, near-death experiences, prophecies, prodigies, mystics, and more.

Seeking the most credible research, he organized much of these topics’ available information. Through his work, he looks to this energy as the “missing link” in many industries that rely on accurate knowledge today. Swanson notes that a part of his inspiration comes from the fact that aspects of Western medicine do not give satisfactory answers to things like allergies or, more severely, cancer. However,

these conditions show a highly beneficial response rate when treated through Traditional Chinese Medicine's energy-based methods.

Notably, he has worked directly with Master JiXing Li, who was able to stop cancer from 3,000 miles away. The lack of enthusiasm in the medical and scientific communities from the astonishing results achieved by Master Li and others like him fuels Dr. Swanson's desire to come forward with the promise subtle energy holds for healing.

He authored several books on credible cases of psychic, paranormal science, and subtle energetic phenomena, including *The Synchronized Universe*, *New Science of the Paranormal*, *Life Force, The Scientific Basis*, and *Science of the Soul, The Afterlife and the Shift*.

RUPERT SHELDRAKE'S MORPHIC RESONANCE

On the work of Rupert Sheldrake, Eric W. Thompson writes:

In his hypothesis of formative causation, British biologist Rupert Sheldrake theorized that invisible fields of morphic resonance govern the forms of self-organizing systems. According to his theory, these fields are built up over time to contain the collective memory of like substances and organisms, influencing their structural formation and patterns of activity through resonance.

Geese, for example, share a collective informational field accrued over the entire period of their existence, which organizes and informs the way they behave and grow as a group. A human model of such fields would be Swiss psychologist Carl Jung's collective unconscious.

The traditional mechanistic view of morphogenesis attempts to explain the formation of organisms in terms of how particles and molecules interact. It also focuses on genes, gene activation, and proteins. As Sheldrake's website states, *"no more explains the development of*

form than the study of the delivering of building materials at a building site explains the structure of the house that is built there."

On the other hand, morphic resonance can explain how proteins progressively arrange into higher forms — first as cells and eventually as tissues and organisms. This theory also explains how organisms are greater than the sum of their parts. This wholeness of living organisms defines them as being much more than mere aggregates of parts. Morphic resonance offers a more holistic view of how form emerges and cooperates with other forms on various levels to support their evolution into higher states.

Evidence for the Morphic Resonance Theory

Study #1: Sheldrake conducted a study in which a group of English schoolchildren learned and memorized three different Japanese rhymes:

1) Millions know a popular rhyme in Japanese;

2) a meaningless series of Japanese words arranged to look meaningful, and

3) a brand new Japanese verse created expressly for this study.

(Keep in mind that none of these children knew the Japanese language, and neither Sheldrake nor the students knew which rhyme was which.)

Result: The children learned the popular, well-known Japanese rhyme much more quickly than the other two.

Conclusion: The results support Sheldrake's hypothesis that this rhyme connects to a well-formed morphic field developed over a considerable time. This principle subtly enabled these children to learn the verse more quickly via resonance.

That is to say, over some time, a mutual resonance had been established between human organisms and this field, unconsciously supporting them in learning the rhyme. If this interpretation is correct, it implies that human beings regularly entrain — on a subtle level — to various informational fields that make daily tasks much easier to learn and master through an incredibly refined and as-yet-undetectable form of mutual resonance — between field and organism.

Study #2: Psychologist Arden Mahlberg invented a new form of Morse code, which he taught to a group of subjects. He also taught them the official Morse code.

Result: The group acquired and memorized the official Morse code much more quickly than the newly invented code.

Study #3: Yale professor of psychology Gary Schwartz conducted a study. He used 24 three-letter words commonly found in the Hebrew Bible and 24 three-letter words found rarely in the same document. He also created a shuffled version of each of these words. The subjects rated each word on how confidently they could guess its meaning.

Result: Students gave higher confidence ratings — nearly twice as high — for familiar words than rare ones.

Conclusion: Although these students could not guess the meaning of each word accurately, their confidence ratings suggest that the common Hebrew words connected to highly developed morphic fields built up over time through extended use. And again, this supports the idea that we regularly entrain to, and enter into resonance with, subtle informational fields on an intuitive level.

Study #4: Sheldrake conducted a study that documented the maze-learning errors of rats over several generations. Every possible variable was painstakingly controlled, including age, aptitude, and many other variables.

Result: The resulting graph indicated that later generations of rats mastered the maze more quickly than their forebears, even with more sluggish, less proficient generations.

Conclusion: This evidence supports the notion that morphic fields accumulate over time, influencing future generations' learning and growth through Morphic Resonance.

Study #5: Monarch butterflies are known to migrate to Mexico, taking anywhere from four to five generations for the group to complete the journey. This phenomenon supports the hypothesis of a guiding morphic field that supports succeeding generations in making the trip.

Study #6: Dutch biologist A. C. Perdeck forced youngsters of a migratory species of birds to change their paths.

Result: He successfully established new migration patterns within a migratory species in a single generation.

Conclusion: A new morphic field was possibly generated based on the urgency of the forced pattern change and continued to resonate with enough coherence to support this new migratory pattern among later generations.

More Evidence

In 1922, William Ogburn and Dorothy Thomas discovered 148 scientific discoveries that fit a pattern referred to by science historians as multiples. A multiple is said to occur when a particular discovery has emerged in various geographic locations either simultaneously or within the same period but independently of each other.

The following are just a few examples of such "multiples":

- Joule, Colding, Thomson, and Helmholz each articulated the law of the conservation of energy independently of one another in 1847.

- There appear to have been at least six different individuals who invented the thermometer.

- Nine individuals each claimed to have invented the telescope.

- Fulton, Jouffroy, Rumsey, Stevens, and Symington each claimed exclusive invention of the steamboat.

- Calculus was discovered not only by Leibniz but by Newton as well.

- Decimal fractions were developed independently by three different mathematicians.

- Carl Wilhelm Scheele discovered oxygen in Sweden in 1773, and Joseph Priestly discovered it independently in England.

- Charles Cros and Louis Ducos du Hauron, two researchers in France, invented color photography independently.

- Galileo in Italy, Fabricius in Holland, Harriott in England, and Scheiner in Germany independently discovered sunspots in 1611.

These observations and many other studies, discoveries, and even spiritual texts not mentioned here paint the picture of a shared informational field in which we all are subtly entrained. This refined and often unconscious or intuitive mutual resonance — between field and organism — appears to help us cognize the world in which we live.

“The great breakthroughs of classical Hebrew, Greek, Chinese and Indian culture occurred almost at the same time [750 to 399 B.C.] … among people who were not likely to have been in actual communication.”
- Ervin Laszlo

If this is a natural phenomenon, at least two important questions arise:

If these fields build over time, how do they emerge in the first place?

How do these fields evolve toward higher, more complex fields? The answer to both questions seems to be a mysterious creative field of intelligence.

Other names include the quantum field, zero-point field, or source field, which spontaneously gives rise to these morphic fields. Once birthed from the Field, they not only guide the structural formation and activity patterns of various substances and organisms; they also receive information from the various behaviors and environmental patterns of these same substances and organisms.

As humans, we may be informed by the Field as a whole while also somehow informing it through our habitual patterns. If this is the case, we have a pressing responsibility to evolve our consciousness.

DAN DAVIDSON'S SHAPE POWER

"When one understands that Aether, being the basic substrate of the universe, can be interfered with to such a degree as to produce all manner of energy and matter aggregations, it follows that everything is a result of Aether Engineering to various degrees." – Jerry W. Decker

Scientist, Dan Davidson, concludes after 35 years of research that the existence of aether is an undeniable reality. His work describes the aether as an all-pervasive, luminiferous energetic force that is superfluid, with little to no measurable viscosity. To understand aether is to understand the building blocks of the universe. From this field stems more easily measurable forces, such as electricity.

We are a conduit of it, and as the worlds of science and spirituality have each shown, we can influence and control it with our thoughts. With this basic understanding, Davidson began to experiment with the possibilities of this subtle substance through different shapes and

materials.

Looking deeply enough into any object, we can see the point of the atom and the beginning of the power of shape. There are seemingly infinite autonomous toroidal fields coming together to form every known object in the universe. Atoms structure themselves according to the information contained within the aetheric field.

As this force moves through matter, we see visible evidence in how natural patterns repeatedly take shape. Nature has favorite design motifs. The most notable examples of geometric energy are the golden proportion, the Fibonacci sequence, and fractals. Despite being made of entirely different materials, look at how similar the expression of branches, rivers, veins, and mycelium all are.

Davidson's work dissects even the most simple of shapes. He points out that even a single point can have a simple or complex energy flow within or around it, as with a single atom. When more particles are added to the equation, the energy flow complexifies as they influence the fields of one another.

According to his research, energy channels even between the two simple lines. For example, depending on the distance, two lines next to each other would produce an energy channel of flow between them. Adding curved lines improves energy flow, making it faster and smoother. Intersecting lines would create a gradient energy effect, the most potent energy being where the lines connect and continue outwards to be less and less intense away from the intersection.

A series of tests went beyond drawings by using intersecting rods. Measurements were taken using a sensitive meter and a fluxgate magnetometer. Results repeatedly confirmed that the alignment of simple shapes is enough to generate a subtle magnetic, electrostatic field.

The most remarkable and mysterious monuments across almost every culture are pyramids. Why? There is a long-standing theory that triangles, particularly in their 3D form, are the best-known shapes for their energy conducting properties. Energy radiates from the points of triangles and tetrahedrons.

Pyramid energy is also significantly improved when made of metals and energy-conductive materials. Perhaps the Egyptians knew this, leading them to great lengths to coat the Great Pyramids with conductive limestone & granite. Time has worn away these original design elements, but the pyramids endure. Some researchers, such as those behind the modern Russian pyramids, explicitly forbid the use of metallic materials in the construction of pyramids.

Energy generated by pyramids is said to…
– Preserve food
– Enhance meditation to heightened effects
– Promote faster healing times
– Energize the space within and around it

According to these reports, only the outlined pyramid frame needs to be present to reap the benefits. Experimenters claim that pyramids can turn aetheric energy into electrostatic energy, showing promise as an energy generator. Allegedly, some pyramid configurations were so powerful that the resulting electrostatic energy generated enough charge to shock its creator, causing him to fly 20 feet across the pyramid floor!

Shape power goes beyond artificial marks and structures. The energy that flows from naturally occurring waterways, crystals, and mountains can also be strong enough to impact human health. Other shapes, such as the platonic solids, spirals, lattices, grids, and what some call *sacred geometry*, all have a corresponding subtle energetic influence.

The study of shape power has interesting implications for health,

consciousness, and our ability to effect desired change in the world through subtle energy. With this perspective, we may begin to consider the type of art we choose more carefully and the type of architecture society will decide to build in the future. See Dan Davidson's book, *Shape Power*, for a more in-depth look into this field of research.

WILLIAM A. TILLER'S PSYCHOENERGETICS

William A. Tiller, Ph.D., began his career as a science and engineering professor at Stanford University. Later, he founded the Institute for Psychoenergetic Science to pursue the link between consciousness and subtle energy. He published over 250 scientific papers and authored seven books on his findings.

"For the last four hundred years, an unstated assumption of science is that human intention cannot affect what we call 'physical reality.' Our experimental research of the past decade shows that, for today's world and under the right conditions, this assumption is no longer correct. We humans are much more than we think we are, and Psychoenergetic Science continues to expand the proof of it." – William A. Tiller, Ph.D.

Tiller also looked at the relationship between subtle energy and light. He once examined whether or not subtle energy could influence the appearance of light in photographs – a phenomenon known as paranormal light bending. The process involves allowing someone known to be capable of producing a great deal of subtle energy to hold and "charge" a camera. This etheric charging is not the same as electrically charging something – this is a process of concentrating subtle energy into an object.

A non-charged control camera was placed beside it, both on stationary tripods. Tiller's team took a series of simultaneous photos. The difference was striking. The camera that was *not* charged with

subtle energy produced typical photographs.

However, something strange was happening with light in the images produced by the camera that had received the energy treatment. In the photos, the light sources in the room would trail or bend. Figures would either show up multiple times, become transparent, or in some cases, even disappear. The explanation of why subtle energy has this light-bending effect on photography has yet to be determined, although the key to understanding it may be the relationship between light and subtle energy itself.

Subtle Energy's Relationship to Light

Karl von Reichenbach's experiments observe that light is a known carrier of subtle energy, particularly sunlight and moonlight. Dr. Tiller designed an experiment to see if subtle energy also surrounds electron emissions – if the relationship between light and energy also applies to electrical light. He created a box that gave off a low-level electron discharge using a DC voltage running across two metal plates.

The energy produced was not visible in photographs but could be seen by energy-sensitive individuals. Tiller invited children (who tend to have greater energy sensitivity than adults) to observe the device. They were given at least a half-hour in a dark room to allow their eyes to "dark adapt."

This is the same method of visual adaptation from Reichenbach's experiments, known as an effective way to increase subtle energy's visibility to those capable of perceiving it. When their eyes adjusted to the environment, many children described straight lines of light between the plates; others described the light appearing in patterns. Some did not see any energy at all.

When Tiller raised the voltage on the device, those who could see the

energy reported that the patterns changed. The children did not know when the voltage changed yet still reported a visible change. The subjects repeatedly reported matching patterns at the same voltage, indicating causality. Tiller concluded that the children were witnessing subtle energy surrounding the electron emissions.

Does this “new” form of light follow the same laws as physical light? Tiller asked the children to observe the device through a prism to investigate. Light typically bends at a certain angle when passed through a prism. The children did report seeing a beam of light bending at that angle. However, additional light beams were moving at different angles through the prism, which was only possible if they traveled faster than the speed of light.

“Most young children perceive both EM and subtle energies. Lens and prism experiments indicate that the latter travel at velocities greater than the EM light velocity (v>c) and speed up on entering denser matter.” - Phillip W. Warren

These light anomalies may reveal why subtle energy is easier to sense once the viewer’s eyes have adapted to darkness. The eye’s design allows light to bend in a specific way to see a focused and clear image. When it is too dark to see anything to focus on, the eye can relax, which may be why subtle energy reportedly looks blurry.

Additionally, the study about the relationship between light and energy indicates that subtle energy operates outside the laws of physics as we understand them since nothing is currently known to move faster than the speed of light. Tiller theorizes that subtle energetic light may even function in an opposite way to ordinary light, so it is difficult to photograph. Cameras with a concave lens may lead to the capacity to capture this elusive energy on film.

ERIC W. THOMPSON’S SUBTLE ENERGY TECHNOLOGY

Eric became aware of subtle energy as a teen while training in a martial art form reportedly from the Shaolin Temple. The teachings included the practice of Yang-Chi meditation, which requires that students sit while manipulating their breath to move their qi. Part of the purpose of the exercise was to cultivate energy to create a protective barrier in the skin. The more experienced people in the practice would start to shake and sometimes pop off the ground when they would exhale. Eric recalls a gentleman in the higher ranks who trained for years and decided to train in Tai Chi to enhance fighting art training - not just for the healthy restoration of subtle energy. This man would generate qi, and then tap somebody. People, including Eric, reported feeling the energy go down their arm.

He remembered this direct experience as he moved into his adult years. In 2004, he decided to start learning more meditation techniques, some of which involved different types of technologies. Achieving levels of success, he experienced altered states of consciousness with profound breakthroughs and awakenings. Still, he wanted to go further.

A Shaktipat master initiated him into a lineage, a technique that involves a subtle energetic transference. The energy became so profound, so high in amplitude; Eric says, “I was no longer trying to meditate, I was being meditated. This Shaktipat meditation meditated me!” He then understood that this energy is a gateway to profound states of awareness, saying, “…it took me further than any of my previous techniques ever could.”

Eric eventually started looking into energy-based technologies. First, he found binaural beats, which use sound to create altered states of consciousness. This inspired the realization that if invisible sounds could be captured, stored, broadcast, and amplified digitally, maybe subtle energy could be as well.

Thompson discovered researchers claiming to be able to capture

energy and started experimenting himself. He found that he *could* digitally capture subtle energetic emanations, amplify them hundreds of thousands of times and then play them back by encoding them into digital media such as audio and image files.

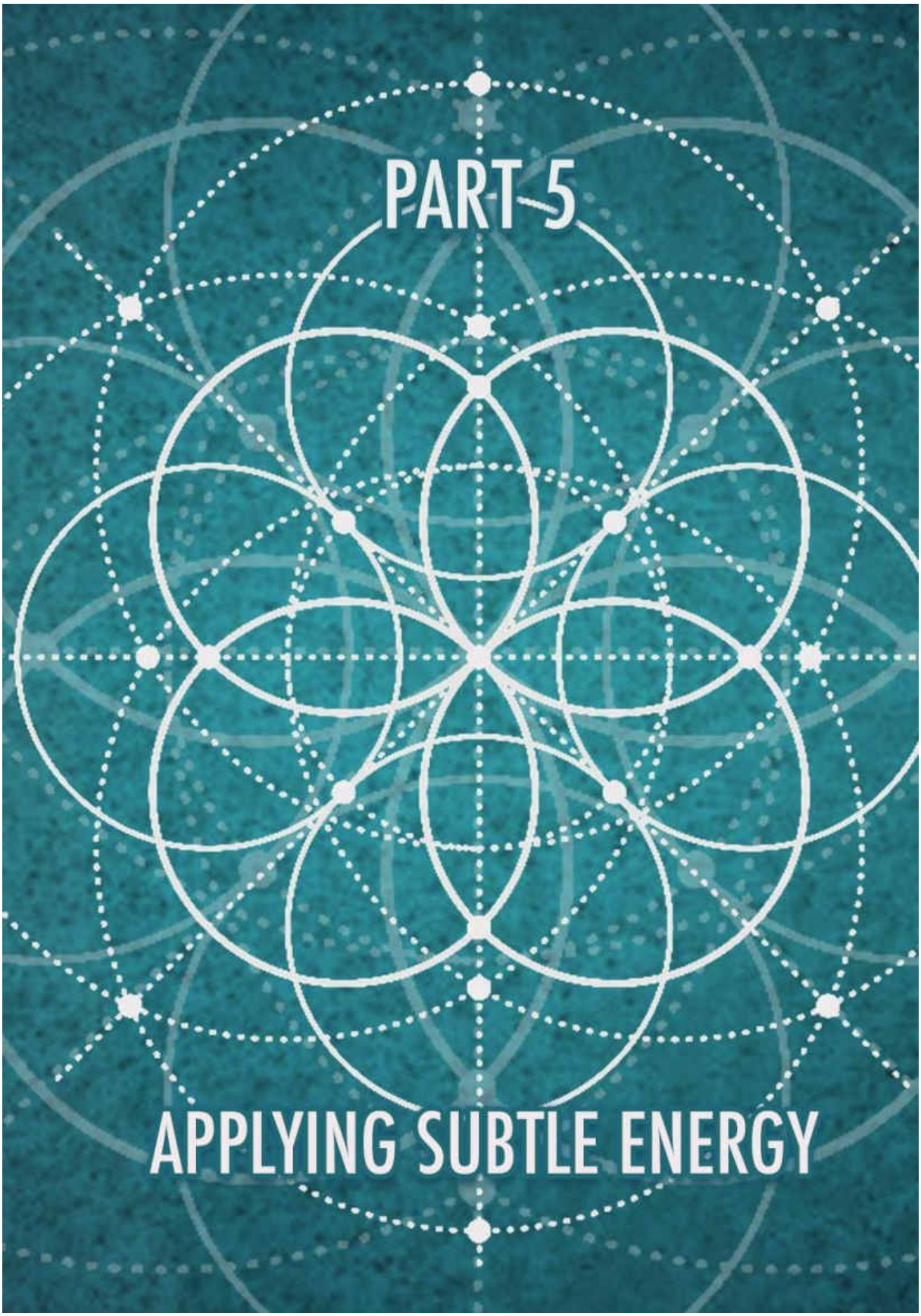
Early prototypes of his technology advanced into formal development through the company iAwake in 2010. iAwake produced brainwave entrainment technology, and the earlier version of Eric's technology was added to enhance it. He branched out, taking a year in 2014 to develop the technology further before launching his own company, Subtle Energy Sciences, in June of 2015.

Subtle Energy Sciences (SES) offers a variety of digital energy healing programs with a wide range of applications. Some signatures are the digitized versions of high-grade nutritional supplements, which provide a digital homeopathic effect of the physical substance. Other signatures offer deepened spiritual, meditative, and psychic development.

"I've spent more than 12 years solely focused on subtle energy technology. I had such profound experiences. Everything told me I was going in the right direction; that if I would not give up and focus on this, I would eventually bring about a form of technology that would allow people to have the same experiences I had and continue to have. That's been my biggest motivation." - Eric W. Thompson

Traditionally, energy healing happens in person-to-person sessions. Now, thousands of people report healing experiences with this technology. The future of energy healing might be digital. Personal electronic devices only became a reality within the last few decades. Maybe our electronics are meant to evolve into machines that can heal.

"Monatomic Gold" Example of Eric. W. Thompson's
Quantum Energy Apps from Subtle Energy Sciences


PART 5
APPLYING SUBTLE ENERGY

PART 5 APPLYING SUBTLE ENERGY

PSYCHIC PHENOMENA

Evidence for ESP from NASA, the US Government, and China

Some everyday experiences qualify as extrasensory perception or ESP.
For example, people report thinking about someone, only to have them call or text moments later. Others have acted on intuitive impulses, doing something out of the ordinary that unlocked extraordinary life-changing experiences. Or the “gut feeling” of knowing something that cannot be confirmed at the moment, only to be proven right later.

Extrasensory perception: noun perception (as in telepathy, clairvoyance, and precognition) that involves awareness of information about events external to the self not gained through the senses and not deducible from previous experience, also called ESP - from Merriam Webster Dictionary

ESP is the ability to see or know something beyond what’s perceived through the traditional five senses. There are a few ways this can manifest:

Telepathy: allows the transmission of messages between minds without physical means of expression.

Clairvoyance: also remote viewing, which is the ability to accurately see things without being physically present to observe them

Precognition: the ability to know things before they happen

Psychokinesis: also called telekinesis, is the ability to move objects

through will alone.

Many people can cite at least one direct experience of one or more of the above happening within their lifetime. These perceptions can come through dreams, a flash of intuition, or training innate psychic abilities through meditation and focus. The ones who experience this most often become the genuine psychics and prophets of society.

The establishment currently labels ESP as “pseudoscience” to the public. However, a research paper trail consistently streams from influential, accredited organizations. The most pragmatically minded are not ready to deny this fascinating aspect of reality entirely. On a mundane level, humans who can see and know things without being physically present in a room present a tremendous strategic advantage in business and the military.

Maybe this is why the US Pentagon invested approximately $20 million into ESP research between 1972 and 1996. In 2002, the CIA declassified documents, revealing that projects by the codenames “Grill Flame” and “Stargate” attempted to see if participants could remotely see into bunkers, nuclear facilities, and other private places where spies fear to tread. This research might be ongoing, but all we know is what exists in the non-redacted parts of the declassified documents.

One of the most notable characters is ex-astronaut Edgar Mitchell. Mitchell, who earned his Ph.D. from MIT, has the rare distinction of being one of the only men who ever walked on the moon. As mentioned in the previous section, he returned to Earth only to leave NASA to pursue ESP research (founding the Institute of Noetic Sciences or IONS) to see what greater capacities are possible for humanity. IONS is still operating today, hosting research studies, educational workshops, and retreats to explore psychic phenomena.

Another great mind, physicist Rusell Targ, conducted ESP research at

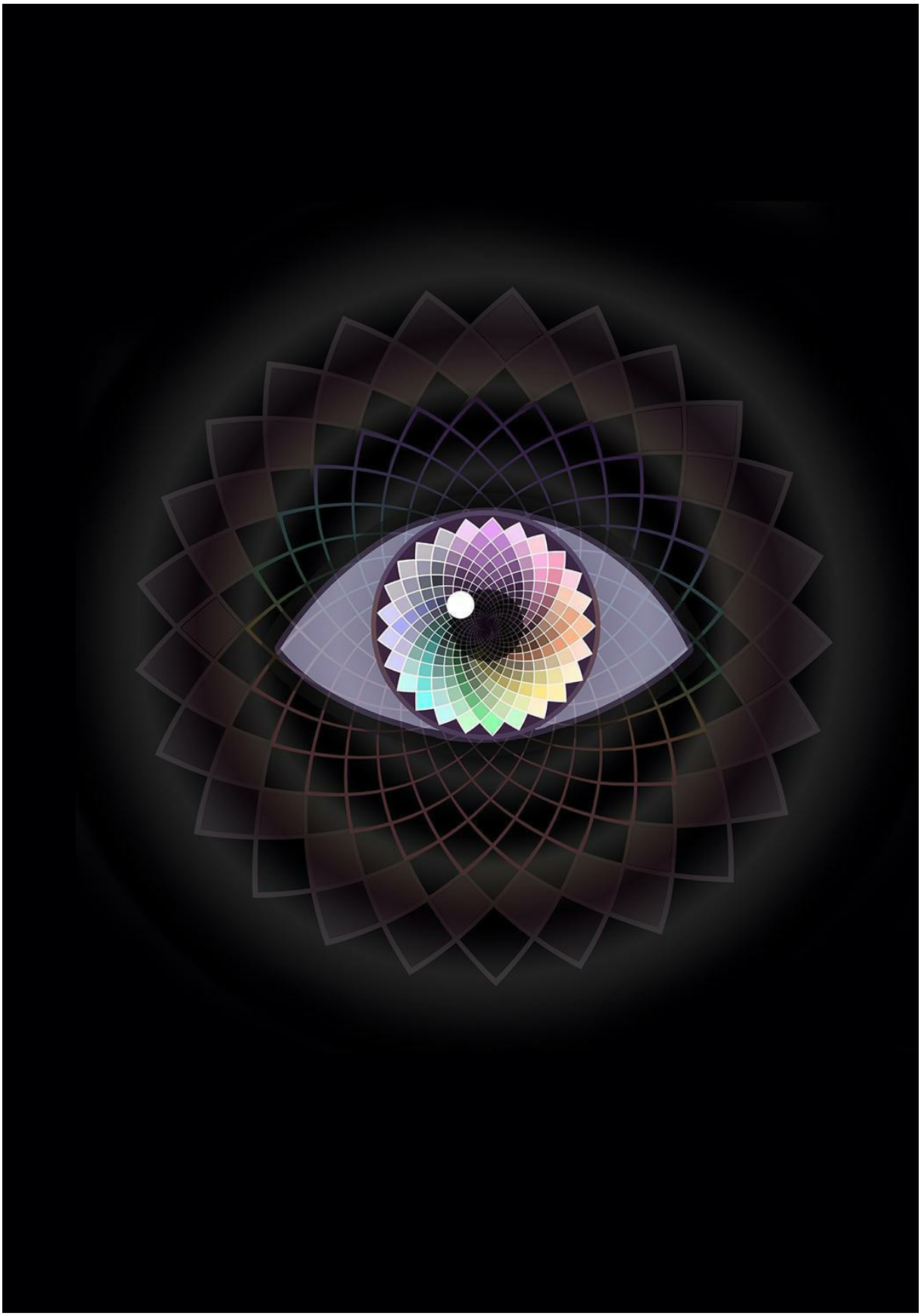
Stanford University on behalf of NASA, the CIA, and other US governmental branches. Targ says that his team helped locate a Russian plane downed in Africa carrying vital codebooks. Also, they assisted in finding an American general who had been kidnapped and taken to an undisclosed location in Italy. They helped reveal Chinese atomic bomb testing dates and much more.

According to Targ, we are all born with psychic abilities (even if we have been led to believe otherwise.) There are cultures worldwide that have not labeled psychic activity an impossibility and encourage its development. If this is the case, consider the strategic advantage of keeping an open mind to this level of human potential.

For example, another document found in the CIA's declassification archive speaks of the incredible psychic abilities of children in China. Somehow, these kids could identify Chinese characters from papers hidden from view, unknown objects in boxes, and colors without seeing them, with a reported average of 91% accuracy. This group of about 2,000 individuals between the ages of 4 and 25 began to emerge in the early 1980s.

Unlike those psychically gifted in the Western world, they were embraced and celebrated by the scientific community. China's history with subtle energy may be why psychic phenomena are within the cultural realm of possibility. According to authorities working with the children, their ESP abilities directly link to their flow of qi.

Similar stories come from yogic circles and mystics throughout cultures worldwide. There is a new branch of science and a set of "superhuman" abilities waiting for exploration as soon as science and Western society is ready to embrace the possibility.



THE PINEAL GLAND

Dreams can seem so real that it can be surprising to wake up in our familiar bedroom. We have this extraordinary capacity to experience full-sensory, alternate realities inside of our minds every single night. This inner vision is active even while we are awake. We can close our eyes and picture anywhere in the universe at any moment.

Some dismiss the power of the imagination as unimportant, having no relevance in the physical world when the opposite is true. Everything human-made, including clothes, homes, electronics, and even these words, was once only a figment of someone's imagination.

To have a powerful third eye is to have a powerful imagination capable of harnessing the highest inspirations. A developed third eye is also said to give one access to their intuition and, at more advanced levels, more potent psychic phenomena such as clairvoyance, clairaudience, lucid dreaming, astral projection, etc. Awakening the third eye allows us to see through truth beyond the world's illusions and channel the soul's wisdom.

What is the Pineal Gland?

The Egyptian Eye of Ra, a chart of the chakras, or a bindi in the middle of someone's forehead could represent the pineal gland's importance. Even the Catholic tradition appears to practice a form of annual ritual third eye cleansing with ash at Lent. Prevalent in cultures that span millennia, the third eye of the younger Western civilization is finally awakening.

This gland holds interesting biochemical and spiritual implications. Physically, it is small, pine cone-shaped, and located in the center of the head, nestled between the brain's two hemispheres. It does not share the same protective isolation as the rest of the brain. This gland

receives regular blood flow and exists outside the blood-brain barrier.

What Does the Pineal Gland Do?

On a biological level, a pineal gland is a hormone-making machine. It creates melatonin and tells the body when it is time to sleep and wake. Melatonin plays a vital role in protecting against neurodegeneration and may also aid in maintaining bone density. Research shows that it communicates with the pituitary gland to guide the production of growth and sex hormones, blood pressure, and metabolism.

It intersects the subtle energetic center known as the Ajna or third eye center on the spiritual level. The French philosopher Descartes, famous for his quote "*I think; therefore I am,*" is also quoted saying that the pineal gland is "*the seat of the soul*." Spiritual wisdom says the ability to "see" with the third eye is as essential as seeing with those that look into the physical world.

5 Ways to Encourage Pineal Activation

1. Minimize Chemical Intake

Since there is no filter between the pineal gland and bloodstream, this delicate gland is vulnerable to the chemicals and heavy metals taken in while eating, drinking, or breathing polluted matter. The human body is remarkably resilient, but the pineal gland is small and may require extra care to function at its best.

A condition called "calcification" can occur, where the pine gland becomes hardened and inhibited. In addition to a toxic diet, fluoride, a common additive to tap water, toothpaste, and dental treatments, is one of the most significant causes of pineal calcification. Avoid it.

2. Cultivate A Dream Life

Sleep is one of the most powerful tools for healing. Support the pineal gland by keeping a regular sleep cycle. The pineal responds to levels of light in the room. Minimize exposure to screens and artificial light around bedtime to signal melatonin production. Keep the bedroom completely dark while sleeping to maximize melatonin. A small light, even from a digital alarm clock, will inhibit it.

Activate the psychic abilities of the pineal gland by keeping a dream journal or, even better, learning how to lucid dream to provide deeper insight into self.

3. Yoga for Third Eye Wellness

Perhaps no one has taken pineal wellness more seriously than the yogis. Thankfully, they have shared their insights to help us awaken our spiritual potential. Chanting om, meditation, and third-eye gazing while sitting in child's pose or lotus pose will stimulate and tone this center.

4. Crystals to Stimulate the Pineal Gland

Crystals are a beautiful, natural tool that can aid in cultivating psychic awareness. Use these stones to enhance dreams by placing them under the pillow or at the bedside. Otherwise, consider holding them or laying down and placing them on the third eye while focusing on the third eye center.

Purple stones or indigo are known to boost this energy center. There are many choices. Consider picking up one or more of the following crystals:

Amethyst – This is one of the most popular stones for third eye activation and balance. It comes in rich and light shades of purple and white and is readily available online and in most metaphysical shops.

Lapis Lazuli – This stone was precious to the ancient Egyptians and

stimulates the crown and throat chakras. It is said to connect one's highest self to the wisdom of the cosmos.

Purple Fluorite – Swap fluoride for fluorite! This calming stone wards off negativity and depression while encouraging mental balance and intuition.

5. Meditate with Mantras

Consider adding mantras to meditation sessions. The vibrations produced by chanting mantras can cause subtle vibrations throughout the brain, aiding in decalcification.

THE LINGER EFFECT

What happens to subtle energy once a session ends? Dr. Jeffrey Mishlove's book *P-K Man* describes the *linger effect* that Duke University scientists found while researching psychokinesis in the 1930s and 40s.

The experiment asked participants to roll dice while intending to have the number "one" side land face-up. The participants successfully produced dice rolls with the number one facing upward at a rate significantly higher than by chance alone. But, when the participants switched their focus on trying to make a different number land upright, the first intended number kept landing upright. The experimenters considered this a delay effect, concluding its cause was the build-up of psychic energy.

Dr. Y. F. Chang investigated the mind's power to affect outcomes using chemical reactions. In the experiment, they used a chemical process called the Belousov-Zhabotinsky reaction, where the combination of two chemicals results in a predictable pattern of colored bands. The patterns complexify in shape as the reaction continues, ultimately caving to entropy.

Dr. Chang brought in qigong masters to apply subtle energy and see if this would influence or alter this reaction using qi. Not only did the qigong masters succeed in changing this chemical reaction, but these anomalies also persisted for hours after the healing energy – even after the healers left.

The qigong masters succeed in altering this chemical reaction, AND the anomalies persisted for hours after the healing energy had been applied, even after the healers left."When the test subjects leave the laboratory after a strong effect has been induced - sometimes strong enough to stop the oscillation - the abnormal reaction continues to affect the chemical oscillation. This fact implies that the field exists still in the space independent of the test subject once it has been created." - Dr. Y. F. Chang

When the beakers of liquid moved to another laboratory space, they went back to the regular, expected oscillation rate. However, bringing the beakers back into the lab space where the healers applied the energy, they again began the abnormal oscillations. This suggests that the life-force energy was stored within the laboratory space and not necessarily within the beaker.

A third case comes from Graham and Anita Watkins, who performed healing on mice. Mice were anesthetized using chloroform and placed on opposite sides of a platform. A subtle energy practitioner tried reviving the one on the right-hand side. The healer successfully restored the mice receiving the energy more quickly than the control mice. The results diminished when the healer switched and began directing healing power towards mice on the left-hand side of the platform.

"The main finding was that, in order for the test to succeed, they could not ask the subjects to alternately arouse the left-hand or right-hand mouse by focusing back and forth between the corresponding sides of the platform. It would only work if the subject focused only on one side

of the platform throughout the session. The findings indicated to them that their subjects were not merely arousing the target mice but were setting up some sort of PK [psychokinetic] field, which was affecting the specific side of the platform they were using for the trials. […] The experimenters later found that if they placed a pair of mice on the platform area after the subject had left the room, the mouse placed on the side that had been used as a target would still arouse quicker than the control animal. The linger effect usually lasted for about twenty minutes." - Dr. Jeffrey Mishlove

What does this say about the nature of subtle energy? In addition to affecting the intended targets, it also affects the space in the surrounding area. There appears to be a relationship between subtle energy and space itself, implying that memory storage within space is possible.

CLAIRVOYANCE

Modern equipment makes it possible for anyone to see subtle energy. The aura photography of Harry Oldfield, Ruth Drown's radionic photography, and William Tiller's experiment with regular cameras are all examples of how technology can help us to see life force energy.

Some claim to see subtle phenomena without needing equipment, known as clairvoyants. Mystics and shamans claim the ability to see the subtle energetic fields surrounding people and other elements of nature. People living in modern times are reporting that they have this experience as well.

Walter J. Kilner

In the early 1900s, the work of a medical doctor named Walter J. Kilner confirmed Reichenbach's experiments. He devised a different method for anyone to see subtle energy, even for those who are not sensitive clairvoyants. His approach used colored filters to "tire the

eye” in such a way that would allow auras to become visible. Kilner also observed magnets and crystals this way and found clouds or rays of energy shooting out of their ends.

Additionally, he notes that when two subtle energy-charged objects are near each other, it seems like they attract each other’s energy. The energy mixes and eventually combines. Kilner’s work is one method by which particular development of psychic abilities is not necessary for one to be able to perceive life-force energy.

What We Can Learn From Clairvoyants

Thousands of people report seeing subtle energy outside of scientific observation. Many of them are healers who practice reiki, tai chi, yoga, qigong, acupuncture, and other energy-based modalities. Some of them are artists. Others are highly intuitive and may be adept at experimenting with their consciousness. What can we learn from what modern sensitives have to tell us?

Perhaps the most critical point is that it is challenging, if not impossible, to maintain maximum health of the physical body without also ensuring the health of the aura or energetic body. Clairvoyants can see disturbances in the energy body before illness manifests and can help to correct it before physical symptoms appear. It is essential to consider the healing of the energetic body if one is seeking lasting recovery of the physical body.

Our auras have different colors. They change based on mental, emotional, spiritual, and physical health. The aura’s color can indicate the individual’s current vibration level. Aura color is another clue for energy healers and can be used to adjust treatments accordingly.

The acclaimed abilities of clairvoyants even go so far as having the ability to see beyond the veil into other realms. There are endless reports of those who have seen energy-based beings such as angels,

devas, aliens, elementals, and other spirits. Is this all fantasy, or is it possible that there are realms of conscious beings that are not readily visible to the untrained eye?

How to Develop Clairvoyance

Here are some tips on how to enhance psychic abilities:

1. Tune in. Adopt a subtle energy-based practice like yoga or qigong, and begin meditating. See an energy healer for an aura health check-up.

2. Activate the pineal gland. (Follow the instructions in the previous section)

3. Pay attention to dreams. Start a dream journal, and learn to interpret symbols found within them. Use dream time to access the subconscious. The integration of the conscious and subconscious mind will boost intuitive abilities.
Psychic powers are like any other skill or talent – giving it consistent attention will eventually yield results.

REMOTE VIEWING

Physicists Russell Targ and Harold Puthoff conducted research through the Stanford Institute while working with NASA and the CIA for a program that lasted 23 years. This program utilized the gifts of those capable of a psychic technique called “remote viewing.”

“Consciousness cannot be accounted for in physical terms. For consciousness is absolutely fundamental. It cannot be accounted for in terms of anything else.”
- Erwin Schrödinger

Targ and his associates compiled their successes and published their work in prestigious and reputable journals, including *Nature* and *The*

Journal of Scientific Exploration. He concludes that by quieting one's mind and entering into the proper state of awareness, the distance between a person and anything else becomes irrelevant; because we live fundamentally in a non-local space-time.

Although this concept became well-known through ancient texts and the new-age movement, non-locality is a fact in the physics community. According to multiple, well-documented accounts, humans can do more than observe from vast distances – we can affect the health of individuals from a distance as well.

The results are here. We possess a healing potential beyond space and time, especially when combined with remote viewing. Given the proper training, we can see and positively affect the lives of others.

REMOTE HEALING

"While distant healing seems to contradict our ordinary sense of reality and the laws defined by Newtonian science, there are several theoretical paradigms that suggest an explanation for healing."
- Dr. Daniel Benor, M.D.

Subtle energy healing methods are gaining popularity by offering results other medical practices cannot. A new understanding is emerging; the etheric body's health may have equal importance to the physical body. Disturbances in the etheric body can, over time, lead to physical illness or prevent a bodily injury from healing completely.

However, our energy body operates on different laws from our physical body. Healers worldwide conduct remote sessions, or healing at a distance, with successful reports from their clients. These sessions come through online conferences or simply by knowing the patient's name and address.

Remote energy healing case studies conducted in laboratory settings

by professionals, often at reputable colleges, exist. These clinical results provide evidence that back the success claims of independent energy healers. If we embrace these emerging facts, investigating this possibility could mean a revolution in modern medicine.

Double-Blind Study at McGill University

Another case comes from Dr. Bernard Grad of McGill University, who tested the effectiveness of subtle energy healing across space. Healers sent energy to subjects. The study was double-blind because researchers and the energy recipients were unaware of when the healers sent the energy. This way, they could not consciously or unconsciously influence the test results.

Machines monitored the vitals of the energy recipients. Researchers measured breathing rate, skin resistance response, and fingertip blood pressure in real-time to see if any physiological changes occurred as they received healing energy. The results showed a high level of statistical difference in the breathing rate and skin receptivity of participants on command.

Changing Brain Waves at a Distance

A remarkable experiment designed by Dr. Norm Shealy showed that a healer could affect the brainwaves of the recipient (healee) and get their brainwave pattern to attune to theirs using subtle energy. Six healers and 110 recipients were used, with the healers being at distances ranging between 100 ft. and 160 miles away.

Stopping Cancer from Thousands of Miles Away

One of the most extraordinary cases of remote healing comes from qigong master Jixing Li, who studied from the time he was 8 with great practitioners in China. Several colleges in the United States took notice of his phenomenal ability to heal others at a distance. Arizona

State, Duke University, State University of New York, and Penn State have hosted experiments with Master Li.

The first experiment ran from December 2nd to 20th, 2006, in the Penn State Children's Hospital laboratory. Two different cultures of chemotherapy-resistant cancer cells were cultivated and placed in separate rooms in the same building. Meanwhile, Master Li began treating only one of the culture plates remotely with his subtle energy-based method from his location in California.

According to the report, Li has never been to the Penn State campus and did not know the exact location of the laboratory. The results of this experiment are astonishing. All of the cancer cells in the dish Li was focusing on during intentional energy healing died! There were also abnormalities in the cells of other dishes. Somehow, they developed multiple nuclei within them, which scientists cannot explain.

In 2007, they decided to try the experiment again with three vials of leukemia cells. Li could kill the cells in the intended vial again remotely. However, this time they added a new element to the experiment. Li used different energy on the remaining vials to mutate, multiply and enhance the vitality of the cells in the remaining vials.

This study demonstrates that even the most difficult to treat conditions may find their cure not from a pill or hospital but from subtle energy. It also indicates that humans have a capacity for healing powers not yet dreamed of by our modern medical world. Master Jixing Li has demonstrated an ability to kill, mutate, and multiply cells by remotely harnessing life force energy through his intention alone.

Li's foundation, The Universal Energy Foundation, is dedicated to sharing his knowledge and helping more scientists and practitioners understand how to use qigong and other subtle energy modalities to help heal people and the environment.

EVIDENCE OF KARMA

Another study, conducted by Dr. Joie Jones at the University of California campus in Irvine, shows evidence of principles that energy healing practitioners have long held. One is the importance of energetically clearing a space in preparation for energetic healing work, and the other, even more surprisingly, shows evidence of the alleged law of karma.

The study's premise was for energy healers to send healing energy toward human cells after radiation exposure. For the experiments, Dr. Jones chose to work with practitioners of Pranic Healing. This healing modality allows one to direct life-force or pranic energy towards a subject to promote healing.

This study observed the effects of energy healing in a laboratory setting for a decade. They decided to use HeLa cells, "immortal" human cells cultivated in the laboratory, known for their enhanced survival rate against damage. These cells were exposed to radiation and divided into two groups. The treatment group of cells would receive Pranic Healing, and the control group was left to decay from radiation damage at a natural rate.

Untreated cells typically survive at a rate of about 50%. However, throughout 520 experiments involving ten different Pranic Healers, this number jumped up to a phenomenal 90% survival rate when the cells received subtle energy before and after radiation.

The healers did not even need to be near the cells for the healing to occur. Highly successful cases were recorded with practitioners as far as 6,000 miles away. When groups of healers would work together simultaneously, the test results were even more successful.

However, there were some exceptions to these cases. About 12% of the experiments yielded no healing effects whatsoever. Dr. Jones and

his team investigated what the causes of this could be and found verification for another principle of energetic healing – the etheric cleanliness of the space matters.

While it is essential for the space to be physically clean, this study confirmed the vital importance of etheric cleanliness. These subtle energy treatments were more effective when the atmosphere in the room itself had been “conditioned” and cleansed by subtle energy.

“Collectively, these experiments suggest that the conditioning of the environment in which the studies are conducted is essential to the success of the studies. These findings clearly have important implications to the study and practice of subtle energy medicine.” - Dr. Joie Jones

Sometimes, the failed experiments happened even when the space was etherically clean. Perhaps there is another force blocking the cells from receiving healing energy. Researchers postulated that the cells’ “karma” could prevent healing and tried to imagine ways to overcome the karmic barrier.

A radiated cell culture received energy healing from a Pranic Healer, while the person who managed the cells and a third party observed the process. The third person called and donated to a charity while intending any good karma generated from this action to be for the cells’ healing benefit. Although it did not always increase the rate of cell survival to be above the previously reported average, through the repetition of this experiment 100 times, the failure rate dropped from 12% to 4%.

This experiment might provide the first statistic showing evidence for the existence of karma in a laboratory experiment. It also demonstrates why energy healing fails in some cases. Ultimately, this experiment shows that at least one modality, Pranic Healing, can reliably reduce radiation’s impact on human cells.

EXPECTATIONS VS. REALITY

“For my ally is the Force, and a powerful ally it is. Life creates it, makes it grow. Its energy surrounds us and binds us. Luminous beings are we, not this crude matter. You must feel the Force around you; here, between you, me, the tree, the rock, everywhere, yes.” - Yoda

Subtle energy grants us access to new levels of power, making for some entertaining plots in movies. Exaggerated fantasies of magic or superpowers are an enticing way to escape reality. While Hollywood representations of people (or creatures) who can manipulate energy to their will are fun to watch, they may paint an unrealistic image of what the average person can expect from interactions with subtle energy.

Because of the lack of representation within modern secular circles, the current collective idea of energy work is subject to romanticized fantasy. For best results with subtle energy, try to separate fiction from fact.

Here are some things to keep in mind:

- Like sports, art, and any other human gift – some people are naturally better at working with energy than others.

- Like all human capacities, anyone can learn and get better at working with energy through intention and conscious development.

- Aside from the healer’s natural capacity, other factors are at play when it comes to the effectiveness of energy healing. This includes the etheric cleanliness of the space, the willingness to heal from the person receiving treatment, and potentially, karmic factors.

- Miraculous results are not impossible but are probably limited to true masters of the art who have dedicated their lives to it.

- Subtle energy is not a replacement for a proper diet, hydration, hygiene, exercise, and other essential self-care rituals. Although, it does appear to enhance the effectiveness of these things.

- There are many things humankind has yet to learn about these profound levels of reality.

Five Elements

Thinking of the body as being made of the classical elements as put forth by Greek philosophers, it becomes clear that subtle energy is only 1/5th of the human equation. For example:

Fire = metabolism, action, movement

Water = hydration, emotional expression

Air = Breath, ideas, communication

Earth = Nutrition, self-care, security needs

Aether = spiritual connection, inspiration, intuition, enhancement of all other levels of being

Only by securing the fundamentals do the cultivation and application of subtle energy stand a chance of genuinely benefitting someone. The phrase "*we are spiritual beings having a physical experience*" can be a refreshing reminder of our essential nature, but not at the expense of the point that the "physical experience" requires very specific conditions to thrive.

Out of the eons of human development, we've only recently discovered how to work with electricity, record and play sound, and digitally transmit our thoughts anywhere in the world. These advancements would have been considered spiritual in the eyes of the ancient world. Their manifestation through the methods of science

makes them no less miraculous.

Advancements in scientific understanding of subtle energy could bring the next wave of technological and medical miracles. How much knowledge of the human body and our relationship to the cosmos remains unknown? With more minds contemplating this topic freely, we may soon know more about the source we arise from and return to in the end.

“Having come out of the ether once, so it will go back into the ether.”- Nikola Tesla

INDEX

Acupuncture:

A. White, E. Ernst. (01 May 2004) A brief history of acupuncture. *Rheumatology*, Volume 43, Issue 5, May 2004, Pages 662–663. Retrieved from https://doi.org/10.1093/rheumatology/keg005

Gary Stix. (March 3, 2014). Can Acupuncture Reverse Killer Inflammation?. Scientific American. Retrieved from https://blogs.scientificamerican.com/talking-back/can-acupuncture-reverse-killer-inflammation/

Jones, Joie. (2002). Ultrasonic Acupuncture and the Correlation Between Acupuncture Stimulation and the Activation of Associated Brain Cortices Using Functional Magnetic Resonance Imaging. *Bulletin of Science, Technology & Society. 22. 362-370. 10.1177*/0*27046702236888.* Retrieved from https://journals.sagepub.com/doi/abs/10.1177/027046702236888

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Z. H. Cho, S. C. Chung, J. P. Jones, J. B. Park, H. J. Park, H. J. Lee, E. K. Wong, and B. I. Min. (1998 Mar 3). New findings of the correlation between acupoints and corresponding brain cortices using functional MRI. Proceedings of the National Academy of Sciences (retracted by some authors). Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC19456/

Aura:

Barbara Brennan School of Healing. Brennan Healing Science. Retrieved from https://barbarabrennan.com/brennan-healing-science/

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Belief:

Lipton, Bruce. *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles. Hay House Inc, 2016.*

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

W. F. Bengston, D. Krinsley. (2000). The Effect of the “Laying On of Hands” on *Transplanted Breast Cancer in Mice.Journal of Scientific Exploration, Vol. 14, No. 3, pp. 353–364*. Retrieved from https://www.bengstonresearch.com/content_assets/docs/The-Effect-of-the-Laying-on-of-Hands-on-Transplanted-Breast-Cancer-in-Mice.pdf

The Backster Effect:

Cleve Backster, *Psi Encyclopedia.* Retrieved from https://psi-encyclopedia.spr.ac.uk/sites/default/files/ebook/article/backster_cleve-134.pdf

Erin Wright, Brian Lord, Jennah Marston. (2019). Cleve Backster papers. *University of West Georgia Special Collections.* Retrieved from *https://uwg.galileo.usg.edu/repositories/2/resources/268*

Jensen, Derrick. (July 1997). The Plants Respond, An Interview With Cleve Backster. *The Sun Magazine.* Retrieved from *https://www.thesunmagazine.org/issues/259/the-plants-respond*

Josh Eells. (2013). The Lives They Lived: Cleve Backster. *The New York Times Magazine.* Retrieved from

https://www.nytimes.com/news/the-lives-they-lived/2013/12/21/cleve-backster/

The Backster Effect. (2016, February 25). Retrieved from https://study.com/academy/lesson/the-backster-effect.html.

Biofields:

Andrews, Synthia. *The Path of Energy: Awaken Your Personal Power and Expand Your Consciousness. Red Wheel/Weiser, 2011*

Benor, Daniel J.. *How Can I Heal What Hurts?: Wholistic Healing and Bioenergies.* Wholistic Healing Publications, 2004

Burr, Harold Saxton. Blueprint for Immortality. C.W. Daniel, 1972

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016
The World Research Foundation
The Electrical Patterns of Life; The Work of Dr. Harold Saxton Burr, The World Research Foundation. Retrieved from http://www.wrf.org/men-women-medicine/dr-harold-s-burr.php

Biophotons:

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Cat's Pur:

Kwok, Ka Ki. (2015). Cats and their magic power?. SiOWfa15: Science in Our World: Certainty and Controversy. Retrieved from https://sites.psu.edu/siowfa15/2015/10/21/cats-and-their-magic-power

von Muggenthaler, Elizabeth. (2001). The felid purr: A healing mechanism? The Journal of the Acoustical Society of America Volume 110, Issue 5. Retrieved from https://doi.org/10.1121/1.4777098

Cellular Memory:

Pearsall, Paul P. *The Heart's Code.* Harmony, Apr 06, 1999

Paul Pearsall, Ph.D., Gary E. Schwartz, Ph.D., Linda G. Russek, Ph.D.. (2005). Organ Transplants and Cellular Memories. *Nexus Magazine*. Volume 12, Number 3. Retrieved from https://www.paulpearsall.com/info/press/3.html

Paul Pearsall, Gary E. R. Schwartz, Linda G. S. Russek. (2002). Changes in Heart Transplant Recipients That Parallel the Personalities of Their Donors. *Journal of Near-Death Studies*. Retrieved from https://www.researchgate.net/publication/257820365_Changes_in_Hea

(2016). The Root of Emotional Imbalance According to Your Organs. S Life Magazine. Retrieved from https://www.sakara.com/blogs/mag/116573893-the-root-of-emotional-imbalance-according-to-your-organs

Chakras:

Catherine Woodyard. (2011). Exploring the Therapeutic Effects of Yoga and Its Ability to Increase Quality of Life. *International Journal of Yoga*.

Dr. Valerie Hunt, Wayne Massey, Robert Weinberg, Rosalyn Bruyere,Pierre M. Hahn. (1977). A Study Of Structural Integration From Neuromuscular, Energy Field & Emotional Approaches. *UCLA Dept. of Kinesiology.* Retrieved from http://www.anatomyfacts.com/Research/astudyof.pdf

Madhu Anziani. (2021). Activate Your Chakras By Chanting the Bija Mantras. *Yoga Journal*. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Timothy Pope. Chakras And The Endocrine System. Retrieved from *https://www.timothypope.co.uk/chakras-endocrine-system/*

https://www.yogajournal.com/live-be-yoga-featured/activate-chakras-with-bija-mantras/

Claude Swanson:

Claude Swanson Biography Retrieved from https://synchronizeduniverse.com/about-the-author/

Swanson, Claude. *The Synchronized Universe: New Science of the Paranorma*l. 2003.

Cloudbusters:

Demeo, James. (1996). Cloudbusting: Growing Evidence for a New Method of Ending Drought and Greening Deserts. *American Institute of Biomedical Climatology*. Retrieved from https://www.researchgate.net/publication/233988322_Cloudbusting_Gr

Gaia Staff. (2021). Wilhelm Reich — Prophet or Madman?. *Gaia.* Retrieved from https://www.gaia.com/article/wilhelm-reich-prophet-or-madman

Hambling, David. (2011). Weatherwatch: Wilhelm Reich's cloudbuster. *The Guardian.* Retrieved from https://www.theguardian.com/news/2011/jul/06/weatherwatch-

cloudbuster

James DeMeo's Research Website. http://www.orgonelab.org/

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Cymatics:

Ben McConville. (2007). Melody deciphered in 'Da Vinci Code' chapel. *NBC*. Retrieved from http://www.nbcnews.com/id/18417877/ns/technology_and_science-science/t/melody-deciphered-da-vinci-code-chapel/#.XPMSmZNKjMU

Cymatic photos by Journey of Curiosity, https://journeyofcuriosity.net/

Cymatics, https://www.healingfrequenciesmusic.com/cymatics/

Kate Kelland. (2007). Musicians unlock mystery melody in chapel. *Reuters.* Retrieved from https://www.reuters.com/article/us-britain-mystery-code/musicians-unlock-mystery-melody-in-chapel-idUSL014372920070501

http://www.cymascope.com/cyma_research/breakingnews.html (article removed)

Tanya Harris. The Architecture of Sound. Retrieved from https://tanya-harris.com/the-architecture-of-sound/

Dean Radin:

Biography retrieved from https://noetic.org/

Dean Radin. (2008). Science and the Taboo of Psi. *Google Tech Talks*. Retrieved from https://www.youtube.com/watch?

v=qw_O9Qiwqew&t=173s

Elizabeth Shane, MD, Elizabeth Teng Leary, PhD, Sheryl Zimmerman, PhD, and Clinton Rubin, PhD. (2016). Low Magnitude Mechanical Stimulation to Improve Bone Density in Persons of Advanced Age: A Randomized, Placebo-Controlled Trial. Journal of Bone and Mineral ResearchVolume 30, Issue 7 p. 1319-1328. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4834704/

Ernst Chladni:

Ernst Chladni's Researches In Acoustics. *Encyclopedia*. Retrieved from https://www.encyclopedia.com/science/encyclopedias-almanacs-transcripts-and-maps/ernst-chladnis-researches-acoustics

Healing Bone:

Douglas P. Kiel, MD, Marian T. Hannan, Bruce A. Barton, PhD, Mary L. Bouxsein, PhD, Emily Sisson, MA, Thomas Lang, PhD, Brett Allaire, BS, Dawn Dewkett, RN, Danette Carroll, Jay Magaziner, PhD, MSHyg,

Intention & DNA:

George Smith. (2007). Isaac Newton. *Stanford Encyclopedia of Philosophy.* Retrieved from https://plato.stanford.edu/entries/newton/

Glen Rein, Ph.D.. (1996). Effect of Conscious Intention on Human DNA. *Proceeds of the International Forum on New Science*. Retrieved from https://www.laskow.net/uploads/5/7/6/4/57643809/consciousintentionoı

Isaac Newton:

Philip E. B. Jourdain. (1915). NEWTON'S HYPOTHESES OF ETHER AND OF GRAVITATION FROM 1672 TO 1679. *The Monist ,*

JANUARY, 1915, Vol. 25, No. 1 via Oxford University Press. Retrieved from https://www.jstor.org/stable/pdf/27900520.pdf

Richard S. Westfall. (2022). Isaac Newton English physicist and mathematician. Brittanica. Retrieved from https://www.britannica.com/biography/Isaac-Newton

Jixing Li:

David Feinstein. (2013). Energy Psychology Treatments Over a Distance: The Curious Phenomenon of “Surrogate Tapping”. *Energy Psychology*. Retrieved from https://www.innersource.net/ep/images/stories/downloads/Surrogate_T

Jixing Li — Explorer of the New Time and Space Founder of the Theory of Multi-Dimensional Unified Universal Energy. *The Universal Energy Foundation*. Retrieved from http://www.u-energy.org/AboutUs/JixingLi.pdf

Rick Barrett. (2015). Killing Cancer Cells from Thousands of Miles Away. *Tai Chi Alchemy.* Retrieved from http://www.taichialchemy.com/killing-cancer-cells-from-thousands-of-miles-away

Karl von Reichenbach:

Gerry Vassilatos. Lost Science. Adventures Unlimited Press, 2000. Retrieved from https://borderlandsciences.org/project/od/article/Vassilatos_on_Reiche

Karl von Reichenbach, translated by John S. Hittell. (1860). Odic-Magnetic Letters. *New York : C. Blanchard.* Retrieved from https://archive.org/details/odicmagneticlett00reic/

Karma:

An Extensive Laboratory Study of Pranic Healing Using Contemporary Medical Imaging and Laboratory Methods, by Joie P. Jones, Professor of Radiological

Joie P. Jones. (2006). An Extensive Laboratory Study of Pranic Healing Using Contemporary Medical Imaging and Laboratory Methods. Presentation for the Seventh World Pranic Healers' Convention Mumbai, India. Retrieved from https://www.equilibrium-e3.com/images/PDF/Jones%20Pranic%20Healing%20Research.pdf

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Ley Lines:

Benjamin Radford. (2013). The Lore and Lure of Ley Lines. *Live Science*. Retrieved from https://www.livescience.com/41349-ley-lines.html

David Newnham. (2000). The ley of the land. *The Guardian*. Retrieved from https://www.theguardian.com/theguardian/2000/may/13/weekend7.wee

Ley Lines: Earth's Energy Grid. *Kanga*. Retrieved from http://www.kanaga.tv/story/ley-lines.html

Kate Kershner. (2021). What Are Ley Lines?. *How Stuff Works.* Retrieved from https://science.howstuffworks.com/science-vs-myth/unexplained-phenomena/ley-lines.htm

Tanaaz. The Chakras of the Earth and Ley Lines. *Forever Conscious*. Retrieved from https://foreverconscious.com/chakras-earth-ley-lines

Lili Kolisko:

Adam McLean. (1980). Capillary Dynamolysis. *Hermetic Journal.* Retrieved from http://www.levity.com/alchemy/kolisko.html

Kolisko Effect. Encyclopedia. Retrieved from https://www.encyclopedia.com/science/encyclopedias-almanacs-transcripts-and-maps/kolisko-effect

http://www.koliskoinstitute.org/articles/

http://sciencegroup.org.uk/kolisko/

Marcus Aurelius: https://www.goodreads.com/

Nikola Tesla:

Inez Whitaker Hunt. Nikola Tesla Serbian-American inventor. *Britannica*. Retrieved from https://www.britannica.com/biography/Nikola-Tesla

Nikola Tesla. (1891). What is Electricity?. *Literary Digest July 18th, Page number(s): 11-12*. Retrieved from https://teslauniverse.com/nikola-tesla/articles/what-electricity

Rodo Sofranac. Nikola Tesla: Engineering a Better World.*Tesla Science Center at Wardenclyffe.* Retrieved from https://teslasciencecenter.org/about-nikola-tesla/

Pineal Gland:

Andye Murphy. (2020). How to Awaken Your Third Eye. *Gaia*. Retrieved from https://www.gaia.com/article/how-to-awaken-your-third-eye

Gert-Jan Lokhorst. (2013). Descartes and the Pineal Gland. *Stanford Encyclopedia of Philosophy*. Retrieved from

https://plato.stanford.edu/entries/pineal-gland/

Lizzy. (2020). Third Eye Chakra Stones. *Chakras.info*. Retrieved from https://www.chakras.info/third-eye-chakra-stones/

Mantak Chia & Joyce Thom. Opening the Third Eye: Powerful Ancient Practices for Activating the Pineal Gland and Expanding Consciousness. *Conscious Lifestyle Magazine*. Retrieved from https://www.consciouslifestylemag.com/pineal-gland-activation-third-eye/

https://upliftconnect.com/detoxify-your-pineal-gland/
(article removed)

Precognition:

Julia A. Mossbridge, Patrizio Tressoldi, Jessica Utts, John A. Ives, Dean Radin, and Wayne B. Jonas. (2014). Predicting the unpredictable: critical analysis and practical implications of predictive anticipatory activity.
Frontiers in Human Neuroscience. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3971164/

Marc Wittmann Ph.D.. (2018). The (Really) Astonishing Hypothesis: Looking into the Future An impossible hypothesis is tested scientifically. *Psychology Today*. Retrieved from https://www.psychologytoday.com/us/blog/sense-time/201805/the-really-astonishing-hypothesis-looking-the-future

Psychic Phenomena:

Jeremy Hsu. (2011) The 10 Most Outrageous Military Experiments. *Live Science*. Retrieved from https://www.livescience.com/12991-10-outrageous-military-experiments.html

Matt Schudel. (2016). Doctor Edgar Mitchell: ‘Apollo 14’ astronaut

whose experiences convinced him to devote the rest of his life to psychic phenomena and UFOs. *Independent*. Retrieved from https://www.independent.co.uk/news/obituaries/doctor-edgar-mitchell-apollo-14-astronaut-whose-experiences-convinced-him-to-devote-the-rest-of-his-a6863746.html

https://noetic.org/

(1985). China's Psychic Children. *Omni*. Retrieved from https://www.cia.gov/library/readingroom/docs/CIA-RDP96-00792R000300420017-1.pdf

Physics:

The Standard Model.*Cern*. Retrieved from https://home.cern/science/physics/standard-model

Psychic Charge:

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Mishlove, Jeffrey. *P-K Man. Hampton Roads Publishing Company, 2000*

Pythagoras:

Gene H. Anderson. (1983). Pythagoras and the Origin of Music Theory.

Indiana Theory Review Vol. 6, No. 3. Retrieved from https://www.jstor.org/stable/24045969

Qigong:

Background and History of Qi-gong. *Shen-nong*. http://www.shen-nong.com/eng/lifestyles/chinese_qi_gong_history.html

Brief History of Qigong. The Institute of Qigong & Integrative Medicine. Retrieved from https://www.iqim.org/about/history-of-qigong/

Dr. Yang, Jing-Ming. (2008). A Brief History of Qigong. *YMAA Publication Center*. Retrieved from https://ymaa.com/articles/history/history-qigong

History of Qigong. *Holden Qigong*. Retrieved from https://www.holdenqigong.com/history-of-qigong/

History of Qi Gong. *Taoist Sanctuary of San Diego*. Retrieved from https://www.taoistsanctuary.org/history-of-qigong

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Remote Viewing:

Dr. Simeon Hein. (2019). What is Remote Viewing?. Gaia. Retrieved from https://www.gaia.com/article/what-is-remote-viewing

G. Scott Hubbard, Gary O. Langford. (1986). A Suggested Remote Viewing Training Procedure. *Central Intelligence Agency*. Retrieved from https://www.cia.gov/readingroom/document/cia-rdp96-00787r000300110001-8

Paul H. Smith. What is Remote Viewing?. *International Remote Viewing Association.* Retrieved from https://www.irva.org/remote-viewing/definition.html

Russell Targ. (2019). What Do We Know about Psi? The First Decade

of Remote-Viewing Research and Operations at Stanford Research Institute. Journal of Scientifi c Exploration, Vol. 33, No. 4, pp. 569–592. Retrieved from http://www.espresearch.com/JSE334Targ.pdf

What is Remote Viewing? Here's a Simple Explanation …. *The Farsight Institute*. https://farsight.org/WhatIsRemoteViewing.html

Restructuring Water:

https://www.alivewater.com/

Crystal Raypole, Grant Tinsley, PhD. (2021). Structured Water: Is It Worth the Hype?. Healthline. Retrieved from https://www.healthline.com/health/structured-water#benefits

McTaggart, Lynne, *The Intention Experiment: Using Your Thoughts to Change Your Life and the World*. Simon and Schuster, Feb 5, 2008

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016

Rudolf Steiner:

Georg Unger. (1978) The Nature of Sub-Sensible Forces. *Mathematisch-Physikalische Korrespondenz*, no. 108. Retrieved from https://rsarchive.org/RelAuthors/UngerGeorge/OccultAtom/OccAtm_c0

Peter Lang. (1997). The Common Vision: Parenting and educating for wholeness. *Counterpoints Vol. 48*. Retrieved from www.jstor.org/stable/45136400

Rudolf Steiner. (1909). Initiation and Its Results. Retrieved from http://oaks.nvg.org/steiner-initiation.html

Skin:

Gardner, Stephanie S.. (2020). An Overview of the Skin. *Radiance by WebMD.* Retrieved from https://www.webmd.com/beauty/cosmetic-procedures-overview-skin#1

Viktor Schauberger:

Alexandersson, Olaf. *Living Water: Discoveries and Inventions of Viktor Schauberger: The Way of Understanding and Saving Nature*. 2 ed. ACCESS Publishers Network, 2002.

William Tiller:

Kinney, Douglas. *Framework of Reality: Understanding Our Subtle Spiritual Nature. Douglas Kinney, March 26, 2014*

Swanson, Claude. *Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi, and Quantum Consciousness.* 3rd ed. Poseida Press, 2016
www.tillerinstitute.com/

Yoga:

Edwin Bryant. The Yoga Sutras of Patanjali. Internet Encyclopedia of Philosophy. Retrieved from https://iep.utm.edu/yoga/

Xan Yin:

Life Force, The Scientific Basis: Breakthrough Physics of Energy Medicine, Healing, Chi and Quantum Consciousness by Dr. Clause Swanson, Ph.D.

Jo Ann Wozniak Stevenson Wu Hao Wang. (1991) Yan Xin Qigong and the Contemporary Sciences. *International Yan Xin Qiong Association. Retrieved from*
https://www.cia.gov/library/readingroom/docs/CIA-RDP96-00792R000300430003-5.pdf

Xin Yan, Zhen-Qin Xia, Hua Shen, Alexis Traynor-Kaplan. (2002). External Qi of Yan Xin Life Science Technology Can Revive or Suppress Enzyme Activity of Phosphatidylinositol 3-Kinase. *Bulletin of Science, Technology & Society, Vol. 22, No. 5*. Retrieved from https://journals.sagepub.com/doi/abs/10.1177/027046702237270
http://yanxinqigong.net/

RECOMMENDED SUBTLE ENERGY SIGNATURES

PINEAL AWAKENING

Safely awaken your pineal gland.

Develop the center of the brain capable of receiving wisdom and knowledge nonlocally (from a place other than the the five senses.)

Enhances:

- Pineal decalcification
- Crown chakra balance
- Third eye chakra balance
- Accessing higher wisdom
- Intuition
- Relaxation
- Deep meditation

TRY IT NOW

www.subtle.energy/pineal-awakening

INCREASE QI

Easily increase your internal qi energy.

Qi is the Chinese term for life energy. It is an essential part of Traditional Chinese Medicine, acupuncture, qigong & martial arts.

TRY IT NOW

www.subtle.energy/increase-qi

Use it to enhance:

- QiGong
- Meditation
- Increased energy
- Tai Chi
- Moving meditation
- Massage
- General healing

AURA CLEARING

Cleanse, purify and uplift your energy field

Clear multiple levels of the aura from degrading energy.
Supports the release of survival-based motives,
programs, & hidden imbalances within connections.

- Balances chakras
- Promotes spiritual development
- Uplifts the spirit
- Releases survival-based (i.e., low-consciousness) reactions and programs
- Deepens meditation
- Releases hidden, detrimental quantum connections
- Helps raise your level of consciousness

TRY IT NOW

www.subtle.energy/aura-clearing

GOLDEN PROPORTION

Create a healing sanctuary wherever you are.

Transmit the amplified energetic signature of the Golden Proportion& Fibonacci Sequence through your electronic devices.

- Feel more centered and calm
- Help protect against harmful effects of environmental stresses, such as electro-smog and geopathic zones
- Reduce symptoms of electromagnetic sensitivity disorders
- Energetically balance any environment
- Experience long-term benefits in overall health and well-being
- Sleep more soundly
- Enhance meditation & creativity
- Experience deep relaxation

TRY IT NOW

www.subtle.energy/golden-proportion